



Introduction to: My Life –The Vision

Vision without action is a daydream; action without vision is a nightmare. ~ Japanese Proverb

Simply stated Success is “Doing what we say we will do.” Simple, but not easy! It is a journey that is lived each day, that stacks up in time to a life well lived or a life lived by default. We choose. The Cheshire cat in Alice in Wonderland said it well: “If you don’t know where you are going, any road will do.” Yet how often do we ask ourselves, is this really the life I want to lead, the one I want my great-grandchildren to be proud of? Or, is this the life that fell in my lap that I am enduring? This tool will help you to create a vision and a plan, to begin living your life by design, with passion, purpose and success. For each category below, use the tools on the following pages to develop a short vision statement, purpose and 2 or more action steps that will take you in the direction of your vision for that phase of your life.

JOY: Find it – Bring it. Ancient Egyptians believed that upon their passing from this earth they would be asked 2 questions that would determine their fate in eternity. The two questions are simple yet profound and a great frame in which to begin your vision plan:

- 1. Did you find joy in this life?**
- 2. Did you BRING joy in this life?**

Finding joy doesn’t seem so tough, but bringing joy is a formidable challenge. In that spirit, rank the categories below by priority or add your own. It’s often best to begin within- your Spiritual and Self-development values determine how you see the world and reflect how the world views you. Once you have created a vision and purpose for each area of your life, your “Big Dash Dream*” will unfold more naturally.

_____ Spiritual	_____ Spouse/Marriage	_____ Other
_____ Children	_____ Health/Fitness	_____ Other
_____ Finance	_____ Career	_____ Other
_____ Family/Friends	_____ Self Development	
_____ Community/Giving	_____ Hobbies/Fun	
_____ Friends	_____ Vacation/Leisure	
_____ My Big Dash Dream (Watch this video first: www.thedashmovie.com)		

Vision-Reflection Questions: Answer these questions as honestly and completely as possible to prepare for more detailed planning in each of your core areas. First, determine and list your 5 core values – <http://www.blueoceancoaching.com/BOCValuesWeb.pdf>

What activities in life give you the most absolute joy – the ones that make you forget time? – mission/vision primer

What are the 3 things you most admire in a friend or mentor?

What would you teach if you were to teach something you know and value?

If you had unlimited funds and no financial worries, how would you spend your time?

What talents do you bring to the world? – Leadership assessment

Who inspires you? Who would you like to inspire?

Imagine yourself at a ripe old age, sharing your life’s wisdom with a great-grandchild. What would you tell them

about your life’s accomplishments, the ones you are most proud of: Who inspired you, who you inspired and

how you made a difference?

What life/vision advice would you give them to remember you by?

To down load the entire life planning tool, talk to your coach for instructions.

