



2020 **Planning** Vision

Life Area Future Vision Worksheet

Design your VISION for your FUTURE

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Setting Focus

Now that you've reviewed your year and taken stock of all the different areas of your life. You can start to see where you want to place your focus for 2020. I suggest picking no more than 3 life areas to set as your priority for the next year. Pick the ones where you see the most opportunity or where you want to see the most change.

Giving Yourself Options

Once you've identified your priorities for the coming year, it's time to visualize and create some details around your future vision. I'd like for you to first visualize your ideal future in each of the areas. We're actually going to create 3 distinct outcomes: your ideal outcome, your alternative outcome, and finally the outcome that would exceed your wildest dreams if all bets are off the table.

Filling Out The Mind Map

Identify the Life Area you are writing about at the center of the mind map and start branching out. Create a new box for each goal, project, idea, milestone, or experience. Continue branching out as ideas come to you. Don't hold back, this is not the time to be judgmental or be embarrassed by your thoughts and desires. Let them flow freely. You're not committing to anything, yet.

Filling Out The Desired Future

Once you have your Mind Map filled out let's attach some positive desired feelings. Describe the feelings you are trying to achieve along with the actions these will require or make possible. List out any other opportunities this future will make possible for you. And finally describe what success looks like. How will you know that you've achieved it.

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Visualizing your Futures

Read through this visualization exercise:

Think about everything you imagine for yourself in the coming year...

- What time do you wake up? Do you rise naturally or to an alarm clock?
- What does the room feel like when you wake up? Is there anyone sleeping with you—partner/pets/kids?
- What is the temperature like each day?
- How many hours a day do you work? Do you enjoy your work?
- Are you excited about the day to start? Do you have morning rituals?
- Nighttime rituals? (Reading, meditation, gratitude practice, prayer, etc)
- What are you eating each day (breakfast, lunch, dinner)?
- How much do you make your food a priority? Where does your food come from?
- What clothes are you wearing on a regular basis? What running shoes do you run in?
- How many miles do you wear them?
- What casual shoes do you wear? Do you even wear shoes?
- What kind of bike are you riding?
- How do you feel when you go to bed at night? (Exhausted, accomplished, energized, fulfilled)
- How often do you drive your car? Ride your bike? Run? Swim? Lift? Do yoga? Meditate?
- Spend time building relationships with others? Socializing?
- How do you spend your downtime? Do you take naps?

Essentially, think about your everyday. If there is contrast between your weekdays and weekends, capture that in your mind. If you travel here and there, capture that too. What's regularly on your schedule versus special occasions? What do you say yes to? What do you say no to? What lights you up?

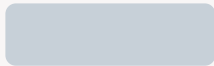
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Your Ideal Outcome

Ask yourself some questions that allow you to see a better future. What do I want this life area to be like? What would be awesome. What is something I've always wanted to do? What experiences would I like to have? What would my ideal life look like? What projects would I like to accomplish? If I had only one year to live what would I like to do? What metrics would I like to improve

Mindmap



Desired Future

What feelings do you desire? _____

What actions will this require or make possible? _____

What opportunities will this make possible? _____

How will you know that you are successful? _____

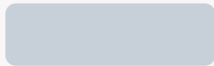
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Your Alternative

Now that you've identified your ideal outcome, let's acknowledge that we don't always get exactly what we want. If your ideal outcome is not in the cards, what is an alternative outcome that you would love to achieve. Don't necessarily dial it down, but instead I encourage you to think of an alternative that you would be equally excited for.

Mindmap



Desired Future

What feelings do you desire? _____

What actions will this require or make possible? _____

What opportunities will this make possible? _____

How will you know that you are successful? _____

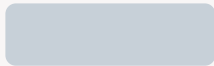
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Your Wildest Dreams

For the last outcome I want you to dream big. This is your chance to dream up a reality without any of the limitations that you normally put on yourself. Ask yourself questions that will allow you to dream. What would this look like if it was perfect? What if money wasn't an obstacle? What would you do if you no one would judge you? What would you want to do if your past wasn't holding you back?

Mindmap



Desired Future

What feelings do you desire? _____

What actions will this require or make possible? _____

What opportunities will this make possible? _____

How will you know that you are successful? _____
