

VISUALIZATION EXERCISE

Envision yourself in five years. What comes to mind? What do you want your life to look like? Use the prompts below for inspiration.

Looking	Personal growth
Environment	Faith
Doing	Attitude
Being (Roles)	Self Care
Characteristics	Health
Living	Leisure
Routines	Duties
Purpose	Legacy
Successfully	Finances
Feeling	Already possess/accomplished
Thinking	Relationships (self, partner, children, parents, friends, neighbors, enemies)
Vacations	

FOCUS: When everything is important, nothing is.

Word/Phrase: _____

ADD METHOD

Use the ADD method to transform this vision into reality.



GOAL SHEET

Goal: _____ Date: _____

Specific	
Measurable	
Attainable	
Relevant	
Timely	

A Assess	+	D Design	=	D Do
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Now	Steps	Achieved
Facts		Facts
Habits		Habits
Fears		Feelings

1	2	3

