



MY *VISION* & MY *MOTIVATION*

PART 1: DREAM BIG

To make real progress, you need to know where you want to go. Define your *VISION* for your life:

- Imagine your *ideal* life many years from now. What does it look like? How do you feel? How do you spend your time? Write **3-6** things you want to have become a part of your life.
- These may be broad or specific desires. You might consider professional, mental, intellectual, financial, physical, spiritual, social, or other aspects of life. You might ask, "How do I want [my life / myself / the world] to change?"
- Don't limit yourself. Don't hold back. Don't exclude something just because you think it's hard or impossible.
- **In other words, if you could have, do, or be anything, what would it be?**

PART 2: FIND YOUR "WHY"

To stay motivated, you need to know *WHY* you're trying. Write *WHY* you want your Vision:

- Consider how your life would be different if you achieved each aspect of your Vision versus if you didn't get close.
- Go as deep as you can. What is the "WHY" behind the "WHY"? The deepest WHY's often focus on how achieving (or not achieving) something would make us feel.
 - Ex: You envision becoming a better learner so you can excel at work. But why do you want to excel at work? So you can feel more respected? Or for more money? Why is money important? So you can feel secure?
- **In other words, why does each part of your Vision matter to you?**

If you're struggling with Part 1, try starting with Part 2: how do you want to feel?

<i>1 - VISION</i>	<i>2 - The "WHY"</i>