



NCRW Coaching

My Personal Vision – A Resonant View of the Future You Want

Start with one Area/Dimension -- ex: Career. On a scale of 1 to 10 how satisfied are you with your career/job? What is it that makes you feel it's that number? How would you embody that feeling? Now imagine you are at a 10 in your career!! How do you feel at a 10? How would you embody the 10? Staying in that place of 10, what is different in your career at a 10 than at your current number? What else? Describe your 10! What else? What are you doing that is different? How are you being that is different? How are you interacting with others differently? What else? What impact are you having on others, your company, the world? What is important in your career at 10? What else? What do you want to do to move to your 10? What are some things you can do? What else?

Now write down the description of your Career 10, get detailed. What was different from now? How were you working with others differently, What were you doing? How were you being? What else? Add as much detail as you want. This is a vision for your career dimension. Copy this to the Vision template.

Next we apply the same process for each of the Wheel of Life dimensions. This can take some time so no need to rush -- it is a Vision of your future life we are elaborating -- pretty important.

Area/Dimension	My Bold Vision for Myself	My Commitments to Myself
Career		
Family & Friends		
Partner/Spouse/Romance		
Fun & Recreation		
Health		
Money		
Personal Growth		
Physical Environment		