

## Family Tip Sheet: How to Write a Vision?

To guide you in writing your vision, start with asking yourself some questions:

- What are the things that you most enjoy doing? These are the things without which your weeks, months, and years would feel incomplete.
- What things must you do every single day to feel happy?
- If you never could do whatever you wanted during your day, how would you spend your time? Who would you spend your time with?
- What are the things you hope to achieve in your life? This is your bucket list.

**Now you can start writing your Vision. Your Vision should be no longer than a single page and usually closer to half a page. They can be point form, if that is easier.**

### **First:**

Envision your ideal life, as if money was no option, as if a fairy godmother granted your every wish, and you woke up in the morning to find that they've all come true. Remember - Visions are not necessarily realistic but they guide our supports - as they identify our keys to happiness.

### **Now:**

- Write about each of the following facets of your life:
  - Physical and Spiritual: What do you hope to achieve spiritually, physically? Do you have any religious/cultural hopes/dreams?
  - Environment: where do you see yourself spending time? i.e. home space, community space, etc.
  - Work, career or volunteerism
  - Family, relationships and community: this may include people, lifestyle, location, intimacy, etc.
  - Financial security and assets: this can touch on owning or renting a home, the design of the home, where it is located, how much spending money we have, etc.
  - Hobbies, travel and fun.