

Long Term Vision



PRO*Coach*[™]
S U C C E S S S Y S T E M

Create the life you **REALLY** want!

Understanding Long-Term Vision

What is a long-term vision?

Your long-term vision is an important component of a creative process called 'your life'. It describes results you want to produce in your life ten years or more into the future. When these results are achieved, your instincts tell you that they will fulfil your heart and soul's deepest desires. Life will be awesome!

Creating your long-term vision involves identifying situations that will deliver the satisfying emotional experiences you are seeking. These are not goals, which are typically short-term, tangible and specific. Goals are generated through the analytical, rational part of your mind.

Identifying your long-term vision is a two-step process. First you must connect with subtle communications from your heart and soul that are based on emotion. Then you must use your analytical mind to interpret and articulate the message into specific actions and results that will deliver the experience you are seeking.

Benefits of having a vision

There are multiple benefits to having a clear long-term vision. One is that it significantly increases the likelihood of you achieving what you want. Although it is not always specific, a long-term vision provides you with a sense of direction. In addition, being clear about your vision is beneficial because it creates desire, focus and motivation that moves you forward and gets you into action.

Author Robert Fritz once said, *"It's not what a vision is that matters, it's what a vision does!"* Most people spend their lives passively waiting to see where life will take them. In contrast, people who achieve great things have a clear vision that gives them a sense of purpose and direction. This develops a "creative tension" between their unfulfilled vision and their current reality that motivates and energizes them to follow through.

That's why we want you to have a long-term vision. Being connected to what you want, where

you are now and the gap between the two will generate the energy you need to take action. When your vision is clear it becomes easier for your logical mind to create the plans and strategies you need to get there. Armed with energy and a plan, you are well positioned to bring your vision into reality.

An additional benefit of having a clear vision is that it helps you focus. In today's fast-paced world there are so many opportunities and distractions vying for your attention that it can be difficult to focus on just one thing. Yet focus is essential for achievement – just ask Warren Buffet who says, *"The secret to achieving more is to do less"*. When you are clear about where you are going, you can be proactive instead of reactive. That simple shift changes everything!

The process

Your assignment in the pages that follow, is to identify results or achievements in each of the seven areas in the Wheel of Life that, when attained, will satisfy your heart's desires bringing you joy and fulfilment.

During the process pay attention to your intuition, feelings and energy as well as your thoughts. It's a dance. First you connect energetically with the vague pictures and emotions coming from your subconscious. This is a place of feeling rather than thinking. Then you use your analytical mind to write out specific components of your vision. When you have captured the subconscious data, your cerebral left brain has the information it needs to move forward, setting goals, creating plans and making decisions that will bring your vision into reality.

Creating Your Long-term Vision

Instructions for doing this exercise

In order to get the most from this exercise, you need to set aside several hours during which you will not be disturbed. Choose a location where you can sit or recline in comfort and privacy, a relaxed space with no distractions like TV screens, phone calls, text messages and so on. Play a favourite piece of music or work in silence.

- Close your eyes and leap forward to your chosen date. Engage your imagination. Dream and drift as you do this exercise. See and experience your vision fully as if you are actually there.
- Start with a blank canvass. Instead of thinking from where you are today and considering what's possible based on your current situation, free your mind to allow any and all possibilities. After all, almost anything is possible in ten years. Ten years from now you could be operating a sunglass kiosk in Tokyo, retired in Costa Rica or running a cattle farm in Western Australia. What does the deepest part of you REALLY want?
- When it comes to your long-term vision, the only person who knows what's right for you, is you. This is your vision, so let go of any need you have to keep other people happy. There are no 'shoulds' in this. It's about what makes your heart sing. Relax, surrender and enjoy the process!
- Your long-term vision is not a goal. It simply gives you direction. At a subconscious level you already know what you really want. This is an opportunity to listen to your heart and write down what is revealed to you.
- Describe your vision in the present tense and in vivid detail, as if you are already there. *"I have, I am, I feel."*
- Focus only on the end results you want. Forget about the steps required to get there.
- There is no "wrong" way to do this exercise. If you find a technique that works for you, go ahead and use it.

- Instead of asking yourself, *"What should I do,"* or *"What's possible,"* ask yourself *"What do I want?"* Regardless of how impossible or unreasonable it may seem, write it down.
- Visualizing your future is primarily a right-brained, non-linear activity. Be creative, playful, even silly; you can apply logic later. We've given you blank spaces to help you engage your creativity rather than follow a logical, structured format.
- Write in paragraphs or point form. Consider using colored pens if you have them. Write **BIG** and **small**. Write on an angle, in an arc or even upside-down. Add drawings, photos or graphics. Get out of the box and allow your creative mind to express itself.
- Work quickly. Write down the first thing that comes to you without judging it. Listen to your intuition and heart rather than your head. You can refine it later if necessary.
- You can update your long-term vision any time. Each time you revisit this workbook, feel free to delete, change or add to what you have written. You do not have to redo the workbook; just modify this one and over time your vision will become clearer and more compelling.

We strongly recommend that you do this exercise annually. It is powerful beyond belief! We frequently hear from ProCoach members and former members who tell us that they tripped over a version of this workbook they filled in five or ten years previously and were stunned to discover that almost everything in their vision had come to pass in some way. It really works! As Anthony Robbins says, *"We consistently overestimate what we can accomplish in a day, week, a month or a year yet we massively underestimate what we can accomplish through ten years of focused effort."*

This process will literally change your life! Set aside time to work on it, dive in and have fun!

The Wheel of Life

The Wheel of Life exercise gives you a snapshot of how you feel about your current situation in seven key areas of your life. Obviously there are more than seven areas in a rich, fulfilling life. However what we have found is that when you focus on getting these seven key areas working well, the other areas of your life that are important to you naturally thrive as well.

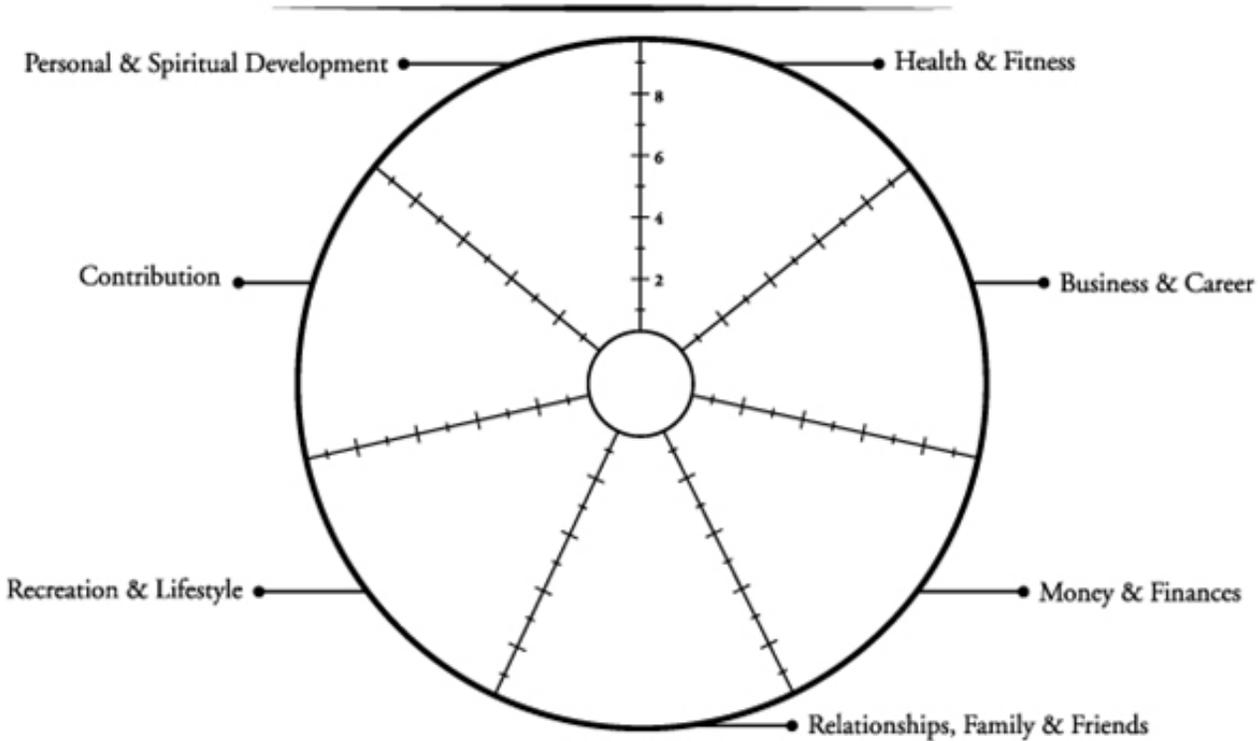
Note that your Wheel of Life ratings are subjective; you might give yourself one score today and a completely different score tomorrow. Even so, it is useful because it gives you a sense of where you are now and what areas you need to work on.

Wheel of Life Exercise

Rate your current status in each area of the wheel on a scale of 1 to 10. How satisfied are you with where you are today in each area compared to where you would like to be? Draw an arc across the wheel in each area to show your current rating in each area. Shade or colour the part of the wheel inside your arc so you can easily see the overall status of your current Wheel of Life.

Today's Date: _____

Wheel of Life



My long-term vision in the area of

BUSINESS & CAREER

My current Wheel of Life rating in this area _____

What's working well in this area now?

What's not working as well as I'd like or needs to change?

Sometimes it's easier to identify what you don't want than what you do want. However knowing what you don't want can help you get in touch with what you do want. With this in mind, complete the exercise below regarding what you don't want in the area of Business & Career.

What I don't want in this area	Therefore, what I do want in this area

Imagine a magic genie appeared and offered you three wishes related specifically to this area of your life. The only requirement is that you must choose things you could potentially accomplish on your own in the next 10 years if you were to fully commit to them and take the necessary actions. What three things would you wish for in the area of Business & Career and why?

1.

2.

3.

My vision in the area of Business & Career

Close your eyes and consider your **Business & Career**. Imagine yourself being transported ____ years into the future (*ideally 10 years or longer*). Everything related to your business and career has unfolded magically, exactly the way you hoped and dreamed it would. You have fully achieved your vision! Use the space below to describe what you see related to your business, what you have, what you are doing, who you are being and how you are feeling in the area of your Business & Career.

My Business & Career ____ years from now on _____ (date) when I am _____ years of age.

Some areas to consider include: revenues & profit; products & services; facilities & locations; company structure & org chart; number of staff; team dynamics & company culture; marketing & sales; market niche; target clients & specific clients you want; company brand & reputation; systems & procedures; your job position; your responsibilities & activities; your personal income; hours you work; work environment; business relationships & associations; your expertise, credentials & professional designations.

What's the experience I'm seeking?

The part of your mind that inspires you does not respond to intellectual concepts, it operates in the realm of images and emotions. Revisit the components of your vision you identified above and list some of the experiences and emotions you could expect from achieving this vision.

The power of focusing on Three-Year Pillars

Many people have long-term visions but very few people ever achieve them. Almost none get achieved within the planned time period, whether it's ten years or even longer.

At ProCoach we've discovered a key distinction that maximizes your chances of achieving your long-term business vision on schedule. In 25 years of coaching small business owners, we've found that focusing on a broad vision in the distant future is ineffective. That's because the goal is so far away there's no tension pressuring you to take action. Our solution is to identify three specific objectives or 'Three Year Pillars' that are essential to the achievement of your long-term vision, and focus on achieving them. If you get the pillars in place within three years, your vision is likely on track to be attained. If these crucial pillars are not completed within three years, the chances of reaching your ten-year vision are drastically reduced.

Identifying your 3-Year Pillars

Ask yourself this question: "What essential structures, objectives or milestones **MUST** be accomplished in my business and career within the next three years or my long-term vision will not be achieved on schedule?" Below are some examples of Three-Year Pillars that ProCoach members have used in the past.

Marketing and Business Development: *Marketing strategies/steady source of new leads and customers; effective marketing process/system/presentation; clarify target client/niche markets; hire sales staff; branding & reputation; strengthen client relationships; sell more to existing clients; newsletter; on-line marketing; website setup & functionality; social media; joint-ventures/alliances; public relations & media; join associations/organizations.*

Products & Services: *Product research; add/develop new products; patents & trademarks; systemize production.*

Business Operations: *Incorporation/legal; business/ownership structure; financing; staff & hiring; accounting & financial; infrastructure/offices/locations; computers & technology; database; business plan; team building; training; systemizing & operation manuals; exit strategy.*

My essential 3-Year Pillars in the area of Business & Career

Pillar #1 – Name _____

Detailed description:

Actions required:

Pillar #2 – Name _____

Detailed description:

Actions required:

Pillar #3 – Name _____

Detailed description:

Actions required:

My long-term vision in the area of

HEALTH & FITNESS

My current Wheel of Life rating in this area _____

What's working well in this area now?

What's not working as well as I'd like or needs to change?

Sometimes it's easier to identify what you don't want than what you do want. However knowing what you don't want can help you get in touch with what you do want. With this in mind, complete the exercise below regarding what you don't want in the area of Health & Fitness.

What I don't want in this area	Therefore, what I do want in this area

Imagine a magic genie appeared and offered you three wishes related specifically to this area of your life. The only requirement is that you must choose things you could potentially accomplish on your own in the next 10 years if you were to fully commit to them and take the necessary actions. What three things would you wish for in the area of Health and Fitness and why?

- 1.
- 2.
- 3.

My vision in the area of Health & Fitness

Close your eyes for a moment and consider the area of **Health & Fitness**. Other than the limitations of nature, you have the potential to create almost anything in a period of ten years or more. Disconnect from your current reality and imagine yourself being transported ____ years into the future (*ideally 10 years or longer*). Notice that everything related to your health & fitness has unfolded magically, exactly the way you hoped and dreamed it would. You have fully achieved your vision! Use the space below to describe what you see, what you have, what you do, who you are being and how you feel in the area of health & fitness. You can use point form, a descriptive paragraph or even draw a picture if you want.

My Health & Fitness ____ years from now on _____ (*date*) when I am _____ years of age.

Some areas you might want to consider include: weight; strength & physical conditioning; exercise activity; diet & nutrition; vitals (heart rate, blood pressure, body fat, cholesterol level, etc.); flexibility; energy level; eyesight, hearing and dental; brain function and cognition; sports and other indoor and outdoor activities.

What's the experience I'm seeking?

The part of your mind that inspires you does not respond to intellectual concepts, it operates in the realm of images and emotions. Revisit the components of your vision you identified above and list some of the experiences and emotions you could expect from achieving this vision.

My essential 3-Year Pillars in the area of Health & Fitness

Ask yourself this question: *“What essential structures, objectives or milestones MUST be accomplished within the next three years or my long-term vision in the area of health & fitness will not be achieved on schedule?”* List the pillars below including specific actions you will need to take in order to achieve them.

Pillar #1 – Name _____

Detailed description:

Actions required:

Pillar #2 – Name _____

Detailed description:

Actions required:

Pillar #3 – Name _____

Detailed description:

Actions required:

My long-term vision in the area of

MONEY & FINANCES

My current Wheel of Life rating in this area _____

What's working well in this area now?

What's not working as well as I'd like or needs to change?

Sometimes it's easier to identify what you don't want than what you do want. However knowing what you don't want can help you get in touch with what you do want. With this in mind, complete the exercise below regarding what you don't want in the area of Money & Finances.

What I don't want in this area	Therefore, What I do want in this area

Imagine a magic genie appeared and offered you three wishes related specifically to this area of your life. The only requirement is that you must choose things you could potentially accomplish on your own in the next 10 years if you were to fully commit to them and take the necessary actions. What three things would you wish for in the area of Money & Finance and why?

1.

2.

3.

My vision in the area of Money & Finances

Close your eyes and consider your **Money & Finances**. Imagine yourself being transported ____ years into the future (*ideally 10 years or longer*). Everything related to your Money & Finances has unfolded magically, exactly the way you hoped and dreamed it would. You have fully achieved your vision! Use the space below to describe what you see, what you have, what you are doing, who you are being and how you are feeling in the area of your Money & Finances.

My Money & Finances ____ years from now on _____ (date) when I am ____ years of age.

Some areas to consider might include: net worth; debt reduction; savings & financial freedom accounts; money management & spending habits; expenses; investment capital & returns; Real Estate, diversification; insurance products; residual income; passive income; relationships with financial advisors & mentors; will and estate planning; tax strategies; financial education and knowledge.

What's the experience I'm seeking?

The part of your mind that inspires you does not respond to intellectual concepts, it operates in the realm of images and emotions. Revisit the components of your vision you identified above and list some of the experiences and emotions you could expect from achieving this vision.

My essential 3-Year Pillars in the area of Money & Finances

Ask yourself this question: *“What essential structures, objectives or milestones MUST be accomplished within the next three years or my long-term vision in the area of money & finances will not be achieved on schedule?”* List them below including specific actions you will need to take to achieve them.

Pillar #1 – Name _____

Detailed description:

Actions required:

Pillar #2 – Name _____

Detailed description:

Actions required:

Pillar #3 – Name _____

Detailed description:

Actions required:

My long-term vision in the area of

RELATIONSHIPS, FAMILY & FRIENDS

My current Wheel of Life rating in this area _____

What's working well in this area now?

What's not working as well as I'd like or needs to change?

Sometimes it's easier to identify what you don't want than what you do want. However knowing what you don't want can help you get in touch with what you do want. With this in mind, complete the exercise below regarding what you don't want in the area of Relationships, Family & Friends.

What I don't want in this area	Therefore, what I do want in this area

Imagine a magic genie appeared and offered you three wishes related specifically to this area of your life. The only requirement is that you must choose things you could potentially accomplish on your own in the next 10 years if you were to fully commit to them and take the necessary actions. What three things would you wish for in the area of Relationships, Family & Friends and why?

1.

2.

3.

My vision in the area of Relationships, Family & Friends

Close your eyes and consider your Relationships, Family & Friends. Imagine yourself being transported ____ years into the future (*ideally 10 years or longer*). Everything related to your Relationships, Family & Friends has unfolded magically, exactly the way you hoped and dreamed it would. You have fully achieved your vision! Use the space below to describe what you see, what you have, what you are doing, who you are being and how you are feeling in the area of Relationships, Family & Friends.

My Relationships, Family & Friends ____ years from now on _____ (date) when I am ____ years of age.

Some areas to consider might include: Primary Relationship - qualities of the relationship and of your partner; intimacy & sexuality; honesty & trust; shared activities & interests; roles & responsibilities. Family Members & Friends - connection & communication; social activities & visits; keeping in touch; support; entertaining.

What's the experience I'm seeking?

The part of your mind that inspires you does not respond to intellectual concepts, it operates in the realm of images and emotions. Revisit the components of your vision you identified above and list some of the experiences and emotions you could expect from achieving this vision.

My essential 3-Year Pillars in the area of Relationships, Family & Friends

Ask yourself this question: *“What essential structures, objectives or milestones MUST be accomplished within the next three years or my long-term vision in the area of Relationships, Family & Friends will not be achieved on schedule?”* List them below including specific actions you will need to take in order to achieve them.

Pillar #1 – Name _____

Detailed description:

Actions required:

Pillar #2 – Name _____

Detailed description:

Actions required:

Pillar #3 – Name _____

Detailed description:

Actions required:

My long-term vision in the area of

RECREATION & LIFESTYLE

My current Wheel of Life rating in this area _____

What's working well in this area now?

What's not working as well as I'd like or needs to change?

Sometimes it's easier to identify what you don't want than what you do want. However knowing what you don't want can help you get in touch with what you do want. With this in mind, complete the exercise below regarding what you don't want in the area of Recreation & Lifestyle.

What I don't want in this area	Therefore, what I do want in this area

Imagine a magic genie appeared and offered you three wishes related specifically to this area of your life. The only requirement is that you must choose things you could potentially accomplish on your own in the next 10 years if you were to fully commit to them and take the necessary actions. What three things would you wish for in the area of Recreation & Lifestyle and why?

1.

2.

3.

My vision in the area Recreation & Lifestyle

Close your eyes and consider the area of **Recreation & Lifestyle**. Imagine yourself being transported ____ years into the future (*ideally 10 years or longer*). Everything related to your recreation & lifestyle has unfolded magically, exactly the way you hoped and dreamed it would. You have fully achieved your vision! Use the space below to describe what you see, what you have, what you do, who you are being and how you feel in the area of Recreation & Lifestyle.

My Recreation & Lifestyle ____ years from now on _____ (*date*) when I am _____ years of age.

Some areas to consider might include: home(s) decor and environment; vacation properties; vacations and travel; free time; cars, boats and recreational vehicles; clothes and wardrobe; sports, hobbies & pleasurable activities; fun & laughter; entertainment; culture; luxuries, jewelry, toys & other indulgences or necessities.

What's the experience I'm seeking?

The part of your mind that inspires you does not respond to intellectual concepts, it operates in the realm of images and emotions. Revisit the components of your vision you identified above and list some of the experiences and emotions you could expect from achieving this vision.

My essential 3-Year Pillars in the area of Recreation & Lifestyle

Ask yourself this question: *“What essential structures, objectives or milestones MUST be accomplished within the next three years or my long-term vision in the area of Recreation & Lifestyle will not be achieved on schedule?”*
List them below including specific actions you will need to take in order to achieve them.

Pillar #1 – Name _____

Detailed description:

Actions required:

Pillar #2 – Name _____

Detailed description:

Actions required:

Pillar #3 – Name _____

Detailed description:

Actions required:

My long-term vision in the area of

CONTRIBUTION TO OTHERS

My current Wheel of Life rating in this area _____

What's working well in this area now?

What's not working as well as I'd like or needs to change?

Sometimes it's easier to identify what you don't want than what you do want. However knowing what you don't want can help you get in touch with what you do want. With this in mind, complete the exercise below regarding what you don't want in the area of Contribution to Others.

What I don't want in this area	Therefore, what I do want in this area

Imagine a magic genie appeared and offered you three wishes related specifically to this area of your life. The only requirement is that you must choose things you could potentially accomplish on your own in the next 10 years if you were to fully commit to them and take the necessary actions. What three things would you wish for in the area of Contribution to Others and why?

1.

2.

3.

My vision in the area of Contribution to Others

Close your eyes for a moment and consider the area of **Contribution to Others** – the ways in which you give back financially, with your time or with other forms of support that make a difference. Imagine yourself being transported ____ years into the future (*ideally 10 years or longer*). Your vision of contributing and making a difference has unfolded magically, exactly the way you hoped and dreamed it would. You have fully achieved your vision! Use the space below to describe what you see, what you have, what you do, who you are being and how you feel in the area of Contribution to Others.

My Contribution to Others ____ years from now on _____ (date) when I am _____ years of age.

Some areas to consider might include: charitable donations & gifts; tithing; community service & involvement; volunteer work; causes you support; helping others including family, friends and neighbors; ways you give back; acts of service; environmental & social consciousness; sharing; mentorship & role modeling.

What's the experience I'm seeking?

The part of your mind that inspires you does not respond to intellectual concepts, it operates in the realm of images and emotions. Revisit the components of your vision you identified above and list some of the experiences and emotions you could expect from achieving this vision.

My essential 3-Year Pillars in the area of Contribution to Others

Ask yourself this question: *“What essential structures, objectives or milestones MUST be accomplished within the next three years or my long-term vision in the area of Contribution to Others will not be achieved on schedule?”*
List them below including specific actions you will need to take in order to achieve them.

Pillar #1 – Name _____

Detailed description:

Actions required:

Pillar #2 – Name _____

Detailed description:

Actions required:

Pillar #3 – Name _____

Detailed description:

Actions required:

My long-term vision in the area of

PERSONAL, PROFESSIONAL & SPIRITUAL DEVELOPMENT

My current Wheel of Life rating in this area _____

What's working well in this area now?

What's not working as well as I'd like or needs to change?

Sometimes it's easier to identify what you don't want than what you do want. However knowing what you don't want can help you reveal what you do want. With this in mind, complete the exercise below regarding what you don't want in the area of Personal Professional & Spiritual Development.

What I don't want in this area	Therefore, what I do want in this area

Imagine a magic genie appeared and offered you three wishes related specifically to this area of your life. The only requirement is that you must choose things you could potentially accomplish on your own in the next 10 years if you were to fully commit to them and take the necessary actions. What three things would you wish for in the area of Personal, Professional & Spiritual Development and why?

1.

2.

3.

My vision for Personal, Professional & Spiritual Development

Close your eyes and consider the area of **Personal, Professional and Spiritual Development**. Include all aspects of your growth and learning including technical skills, your ability to deal with others and your “Inner Game” of confidence, fulfillment, peace of mind and spiritual connection. Imagine yourself being transported ___ years into the future (*ideally 10 years or longer*). Everything related to your personal growth has unfolded magically, exactly the way you hoped and dreamed it would. You have fully achieved your vision and you are the person you wanted to become! Use the space below to describe what you see, what you have, what you do, who you are being and how you feel in the area of Personal, Professional & Spiritual Development using either point form or a descriptive paragraph.

My Personal, Professional and Spiritual Development ___ years from now on _____ (date)
when I am _____ years of age.

*Some areas to consider might include: **Personal Development** - courses and seminars to take; information to learn; emotional issues to resolve; qualities & characteristics to develop; personal or professional abilities to improve; habits to develop or change. **Professional Development** – courses, trainings or programs to take; industry designations or credentials to get; skills to develop. **Spiritual Development** – developing your relationship and connection with God or a higher power as you define it; worship, prayer & spiritual practices; reading, courses & study; meditation & reflection.*

What’s the experience I’m seeking?

The part of your mind that inspires you does not respond to intellectual concepts, it operates in the realm of images and emotions. Revisit the components of your vision you identified above and list some of the experiences and emotions you could expect from achieving this vision.

My essential 3-Year Pillars in the area of Personal, Professional & Spiritual Development

Ask yourself this question: *“What essential structures, objectives or milestones MUST be accomplished within the next three years or my long-term vision in the area of personal, professional and spiritual development will not be achieved on schedule?”* List them below including specific actions you will need to take in order to achieve them.

Pillar #1 – Name _____

Detailed description:

Actions required:

Pillar #2 – Name _____

Detailed description:

Actions required:

Pillar #3 – Name _____

Detailed description:

Actions required:

THE POWER OF CREATING A VISION BOARD

Your subconscious mind plays a crucial role in bringing your vision into being. This area of your mind does not understand intellectual concepts and is oblivious to logic and reasoning. It responds only to images and emotions.

If you are serious about achieving your long-term vision faster, one of the best ways to clarify, reinforce and accelerate the process is to create what's known as a Vision Board or Dream Board. Depicting the experience you want manifest in your life with pictures and images strengthens your vision, stimulates your emotions and inspires motivation.

What is a vision board? It's a visualization tool that uses a collage, poster board or electronic means to display visual representations of what you want to achieve or experience. Vision boards generally contain pictures and headlines cut from magazines. You can also include personal photographs. Another option is to create an electronic vision board by copying and saving photos off the internet into a document on your computer. The point is to find visuals that represent the experiences, situations, emotions, events or possessions you want to attract into your life.

Jack Canfield, co-author of the Chicken Soup for the Soul box, is a huge advocate of vision

boards. Here are the six steps he recommends for creating your own vision/dream board.

1. Pick a particular goal, vision or experience you want to manifest in your life.
2. Collect a bundle of old magazines or calendars containing beautiful pictures.
3. Select inspiring pictures and images that represent what you want to create and pull them out of the magazine.
4. Trim the pictures and create a collage out of them using a piece of poster board. Have fun! Allow your creative juices to flow.
5. Add motivational headlines and affirmation words that represent the feeling you want to experience.
6. Post your vision board in a visible location and look at it every day.

There is a great deal of online information about how to create vision/dream boards. There are also numerous electronic and online vision board apps and programs.

Creating a vision board for your long-term vision is highly recommended. Not only are they fun to make, but vision boards are highly effective for many people.

MY BUCKET LIST

A Bucket List is a list of experiences or achievements you'd like to accomplish during your life. It's not a list of things you 'have' to do. It is just a place to keep track of things you see, hear about or think of that cause you to say, *"That's something I'd love to do one day."*

Use this page to keep track of your personal bucket list. Add new items when they occur to you. Revisit it from time to time and take action on experiencing the items on your list. As Helen Keller said, *"Life is either a daring adventure or nothing."* It's your choice!

Some areas to consider for your bucket list are:

- *Places to go/travel*
- *Goals to achieve*
- *Activities to get involved in*
- *Things to see or do*
- *Thrill seeking opportunities*
- *Fitness, sports & activities*
- *Experiences & adventures to have*
- *Contributions to make*
- *Events to attend*
- *People to see perform or to meet*
- *Things to learn/master*
- *Things you want to do once*