ATTACHMENT 1 –
Brainstorming Your Vision

Step 1.
List three to five things that make you happy?

Step 2.
What are three to five things you are committed to in your life?

Step 3.
List three to five things you are doing right now to use your full potential.
Step 4.
Write down your three to five most important roles.

Step 5.
Write down five adjectives that describe your behavior in each of these roles.

ROLE 1: __________________________________________
Adjective 1: ________________________________
Adjective 2: ________________________________
Adjective 3: ________________________________
Adjective 4: ________________________________
Adjective 5: ________________________________

ROLE 2: __________________________________________
Adjective 1: ________________________________
Adjective 2: ________________________________
Adjective 3: ________________________________
Adjective 4: ________________________________
Adjective 5: ________________________________

ROLE 3: __________________________________________
Adjective 1: ________________________________
Adjective 2: ________________________________
Adjective 3: ________________________________
Adjective 4: ________________________________
Adjective 5: ________________________________

ROLE 4: __________________________________________
Adjective 1: ________________________________
Adjective 2: ________________________________
Adjective 3: ________________________________
Adjective 4: ________________________________
Adjective 5: ________________________________

ROLE 5: __________________________________________
Adjective 1: ________________________________
Adjective 2: ________________________________
Adjective 3: ________________________________
Adjective 4: ________________________________
Adjective 5: ________________________________
Step 6.
List five priority values.

Step 7.
List ten of your strengths.

Step 8.
List three to five things you would like to do to make a difference in the world.

Step 10.
Look at all your answers you gave on the three pages and summarize your five life guiding principles (Values). Examples include: loyalty responsibility, hard work, faith.
Write Your Vision Statement.

• Paragraph 1 - on your life guiding principles to define who you are (Step 10).

• Paragraph 2 - that introduces your five most important roles (Step 4).

• Paragraphs 3–7 – that describes each of these five roles in individual paragraphs using the adjectives you described (Step 4 & Step 5).

• Paragraph 8 - should focus on your vision based on how you answered, “What are five things you would like to do to make a difference in the world” (Step 8).
Write a goal statement(s).

*Read over the five rules to see if your goal passes the rules test.*

**Five Rules to Writing Goal Statements.**

1. Make sure the goal is something you really want
2. Always write the goal in a positive manner.
3. Be specific about your goal.
4. Place a time frame on your goal.
5. Make the goal statement measurable.