

Life Visioning Questions

Building a vision of the future is one of the most important activities anyone can engage in. Set aside one to two hours when your brain is fresh and you don't have any immediate commitments to rush off to. Remove any distractions. Sit quietly, letting yourself dream.

With a pen and notebook, take time to think and write about each of the following time frames: one year from now, five years from now, and ten years from now. You might work backward, starting from ten, and working your way to one year. I find it helpful to first close my eyes and visualize, "seeing" the future I want, then I record it through writing.

Below, I've included a series of questions to help you think through each period of time. At each life stage, you'll notice some repeat questions and some new questions. In your journal, or on this worksheet, start by writing your age. Perhaps read the questions to yourself, and then engage in imagining your future. Record what you've envisioned.

One year

In as much detail as possible, describe the life you want one year from now.

I will be ____ years old in _____.

1. What has changed about your career?
2. What is your home life like?
3. What is your travel schedule like?
4. What types of projects are you engaged with?
5. What successes have you seen?
6. What is different about you one year from today?
7. Have you taken a vacation? How long and to where?

Five years

In as much detail as possible, describe yourself five years from now. Walk me through a day in your life.

I will be ____ years old in _____.

1. What has changed in your career?
2. What have you become known for?
3. How are you living your passion?
4. How have your personal and work lives changed?
5. What is your travel schedule like?
6. What type of media appearances are you making?
7. What successes have you seen?
8. What is in your content library (written, audio, visual)?
9. What is different about you five years from today?
10. What traveling have you done to date? How long of vacations are you taking?

Ten years

In as much detail as possible, describe yourself ten years from now. Walk me through a day in your life.

I will be ____ years old in _____.

1. What types of projects are you working with?
2. What has changed about your career?
3. What have you become known for?
4. How are you living your passion?
5. How have your personal and work lives changed?
6. What is your travel schedule like?
7. What media appearance are you making?
8. What successes have you seen?
9. What is in your content library (written, audio, visual)?
10. What is different about you ten years from today? How are you different than your five-year vision?
11. When people hear your name, what comes to mind? (_____ is synonymous with X.)
12. What traveling have you done to date? How long of vacations are you taking?
13. What matters most in your life?