

CATEGORIES

Physical

Health & Fitness “Feel Good”
Medical & Dental
Exercise & Nutrition
Beauty & Esthetic “Look Good”
Style & Wardrobe
Hair & Skin

Personal

Internal/Spiritual/Emotional
External Reputation
Intellectual/Knowledge
Happiness/Stress/Energy
Fun/Recreation/Vacation/Hobbies
Time

Social

Parents
Kids
Extended
Acquaintances
Spouse
Friends

Home

Safe
Comfort

Professional

Career/Job
Retirement
Education
Long Term Dream
Network

Financial

This Year
3-5 Years
10 Years
Lifetime

MY VISION BOOK

For Each Category or Group of Categories:

- ◇ **My Vision**
Page of images that inspire
- ◇ **Targets**
List of bullet describing desired outcomes (1-5 years)
- ◇ **Action Plan**
Action items to get to targets (3 months—1 year)
- ◇ **To Do List**
Brainstorming area for to do lists (1 week)
Reference to location of final to do list