



# SETTING YOUR VISION

A wholesome guide to figuring out  
what you want from life.

Created By Selena



# Welcome



Hello and welcome to your very own vision setting workbook. I hope you're ready to get crystal clear on what's important to you, what excites you, and what your true passions are. And how you can change your life to focus more on these and build a life of pure satisfaction.

I created this workbook from a place of my own dissatisfaction where I felt as though I was going a million miles an hour, trying to do it all, yet never really getting clear on what was most important to me.

This workbook will guide you if you are in a similar position, or feeling frustrated with your current life as we dig deep to determine your values and true passions.

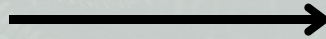
We will identify potential milestones to centre your life around, alongside daily actions and tools that you can use to create more happiness and satisfaction within everyday life,

# Workbook Roadmap

In this workbook we will take you through various tasks and journaling prompts to get you into a state of deep thinking and reflection.

We will start with assessing your current life, whats working, what isnt etc. And from this we will stem into how to determine what your core values are, what drives you, and lastly how to create your dream life around these.

Assessing where  
you are now



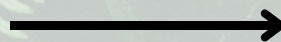
Getting clear on  
your values



Short and long  
term goal setting



Short term action  
plan



Gratitude,  
visualisation and  
all the juicy stuff.



# Assessing where you are now

The first step in getting clear on your vision is about taking stock of where you are currently. Whats going good, whats working for you? And also whats not going so good, what prompted you to open this workbook? Why are you really here?

This is just a small space for you to write some bullet points, or do a journaling session on how you feel in your current state.

Prompts: What does your day to day life look like, what parts of it do you enjoy? Which parts if given the choice would you not do?

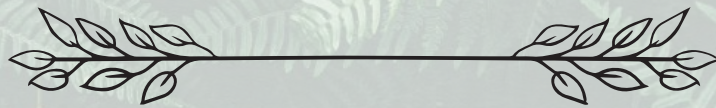
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# Assessing where you are now

Our next step is taking a look at 8 of the core areas in our lives.

If we don't understand which parts of life are going good, and which ones need more work then it can be hard to take a focused approach to setting your long term vision, and to get clear on what needs to change.

So lets get straight into it with the Wheel of Life.



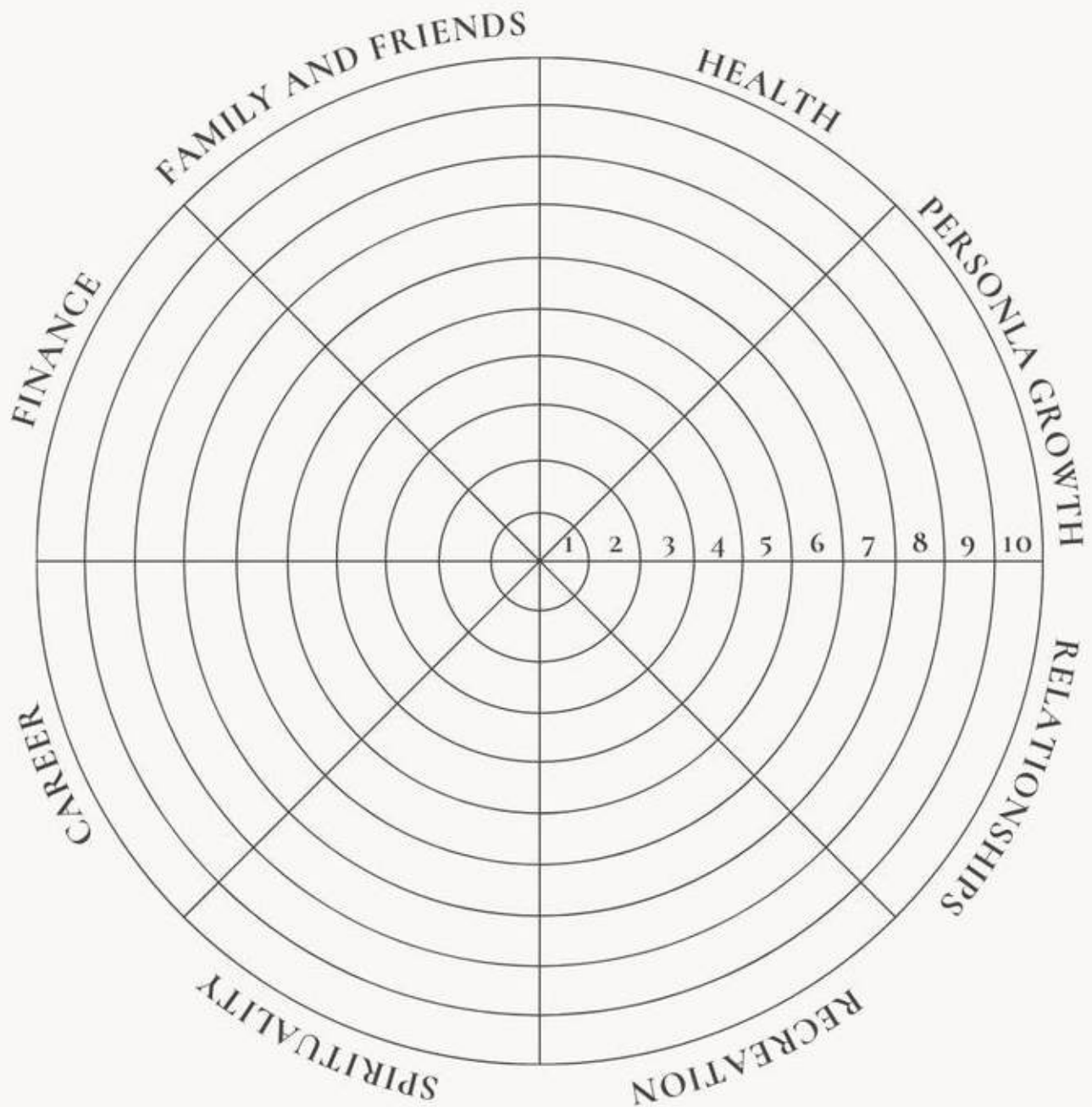
## The Wheel of Life

The wheel of life is a key visual aid to assess where you are in each core area of life. Have a look at the 8 quadrants in the wheel below, and adjust any that don't align with you to something that does.

Give yourself a score for each section with 1 being unhappy, and 10 being its at its absolute best. Mark these scores on the wheel, and join the dots.



# The Wheel of Life



## Assessing where you are now

Use the space below to write down any revelations as they arise as you consider each area of life.

Do you have balance? Is your circle rounded and big? Or small and irregular? Are any areas lacking while others are flourishing?

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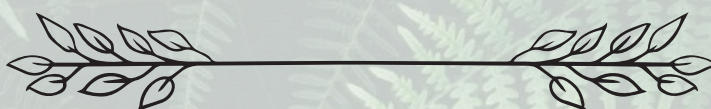


# Getting Clear on Your Values

Our next step is to get clear on your values.

I am going to take you through an activity to help determine what YOUR top values are. Write down how you feel, not how you think you should feel, or what other people may expect from you.

Remember this is your workbook to help YOU get clear on whats important to you. Not anyone else. So write from the heart. Be open. And lets see what reveleations come to fruition.



If you had one week left to live how would you spend it?

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If you had one year left to live how would you spend it?

How would this differ to your answer above?

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## Getting Clear on your Values

If you had five years left to live how would you spend them?

How would this differ to your answer above?

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If you had ten years left to live how would you spend it?

How would this differ to your answer above?

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What are the common themes that keep coming up?

What really matters to you deep down?

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## My Core Values:

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## My Favourite Activities:

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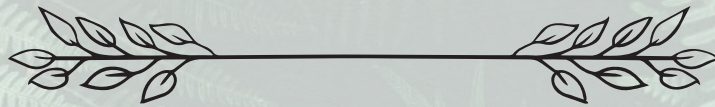


# Assessment Reflection

We are coming to the end of the current life assessment portion of the workbook, so I hope you've dug deep. I hope you've been honest with yourself. And I hope you've become a little more clear on what's most important to you.

It's these core values that should be at the centre of your goals and dreams, because why else create these goals in the first place if not?

When our body and mind is in alignment, when we are living true to our values; our goals and visions become so much more reachable.



The next part is fun, I promise...  
I want you to create your very own vision board!!!

Put all of the things you love and want on there- your dream house, your dream career, your dream car, your dream partner and family, your dream activities and how you want to spend your free time.  
I want it all on there. Make it big, Make it bold. And dream a little.  
It's your vision board.

Go find some old magazines, or print off some pictures.

Once you've created your vision board, display it somewhere that you can see it everyday, and remind yourself of what you are working towards.

# Your Vision Board:





## Goal Setting:

## Okay, we are now onto the goal setting!

Some people love it, others dont. Do what feels right for you. Remember this is all just a guide to help you gain clarity and take action.

Have a good think about 3 main long term goals you want to set for yourself. And then we are going to go through the steps on how to turn these into everyday actionable steps for you to take.

Brainstorm using the lines below if needed. Some key areas that you may want to base your goals around could be career, relationships, family, finance, and personal life.

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## Goal Setting:

I also want you to think about any goals you may have had year on year-

What are they? Do you truly want it? Does it align with your core values?

Why have you not achieved it in the past?

What are they? Do you truly want it? Does it align with your core values?  
Why have you not achieved it in the past?

Once you've thought of three main goals, use the templates over the next few pages to break them down into smaller bite sized chunks or milestones to better manage and assess your progress.

Change any of the key milestone timings to suit your own timeframe.

There is also space for you to prepare for potential obstacles that may occur, and create a sound plan to make sure you can combat these obstacles and stay on track! :)

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# Goal 1:

## Key Milestones to reach:

1 month

3 months

6 months

12 months

Why you want to achieve it, potential obstacles and how you will overcome them.

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## Goal 2:

Key Milestones to reach:

1 month

3 months

6 months

12 months

Why you want to achieve it, potential obstacles and how you will overcome them.

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## Goal 3:

Key Milestones to reach:

1 month

3 months

6 months

12 months

Why you want to achieve it, potential obstacles and how you will overcome them.

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# Short term actionable steps:

Now for each of the goals, I also want you to write down some immediate action steps that you can take, or daily steps you can do that will get you closer to your goal.

And a small reward you can look forward to once the goal has been achieved!

Goal 1:

Goal 2:

Goal 3:



# The Juicy stuff:

Allright, now we are onto the juicy fun stuff!...  
Visualisation, manifestation, and gratitude!

Everything over these next few pages is optional but extremely beneficial long term if you can get into the habit of doing them daily, or even weekly.

They help to get your mind into a positive frame, and set yourself up for success. The more you practice these, the easier they will become, and the more likely you will be able to achieve your biggest goals and dreams.

## Visualisation...

Settle yourself down into a comfortable resting position, and set a timer for 5minutes. Close your eyes, and visualise your deepest desire. You want to picture it so vividly in your mind that it feels real, like you are living in very moment. What can you see? What can you hear? What can you smell? How do you feel in this place or time?

And then try to embody all of those into your current state of mind.  
Do this for the full 5minutes if possible.

Sometimes it can be easier as a beginner to find a guided podcast or meditation to follow instead :)

# **The Juicy stuff:**

## **Manifestation...**

Manifestation is like the next step in visualisation. Its about taking those big dreams and desires and turning them into inspired action in your everyday life. It's about living your desire as though it is already a reality to a certain level. There will be times when its the matter of pausing and thinking 'what would the successful version of myself do in this moment' that will inspire the right action, toward achieving your desire. The more you act in alignment with your visions, the more you attract the right circumstances to make them a reality, and the more you manifest them into your life :)

## **Gratitude...**

The art of gratitude is that it teaches you to appreciate what you currently have rather than always striving for more. As much as improving yourself is great, its also important to be thankful for what you have already achieved, and what you have in life.

The process is pretty self-explanatory. I like to just write down three things that I am grateful for everyday, regardless of if they are big or small this will put your mind into a more positive perspective.



Go forth, and may your deepest dreams come true.

## Selena xx

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