

'Vision to Action' Worksheet

1. Values
 What's valuable to ME?
 What's important to ME?

2. VISION

What vision do I see for myself? What dream do I dare – or *wish* I could dare?

3. Mission
 I'm here to do something, to fulfill my vision. HOW am I doing that?

5. Creative Skillset
 A. What do I bring to the table?
 B. What do I need to learn?
 C. What can others can bring?

6. Reward

What truly feels like reward to me?

4. Motivation
 WHY do I want to do this? What are the reasons?

DeMotivation: Where do I see my shadow-motivation to avoid or hide?

GOAL <i>(One foundational building block of my vision)</i>	Strategies <i>(Ways I can use my Mission to Achieve my Vision)</i>	ACTIONS <i>(Bite-size Actions I schedule & take)</i>

GOAL <i>(What I want to achieve)</i>	Strategies <i>(Ways to use Mission to Achieve Vision)</i>	ACTIONS <i>(Specific Actions to take)</i>

