

Life Vision Exercise: This is a great exercise to keep posted!

Values: How am I going to implement a plan that leads to this vision?

My Life Vision Includes: What future possibilities would you like to attract? What naturally inspires you? What symbols remind you of this? Who are your heroes and models, and why? How would you like to look and feel?

My Life Mission: How am I going to implement a plan that leads to this vision?

- Purpose: What do you want for yourself and others? What world problems would you like to solve? What legacy do you want to leave?

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- Method: What activities express your purpose? What gifts can you utilize? What do you offer that is unique/or puts you in flow?



- End State: What does an accomplished goal look like? What would make you feel proud? What legacy do you want to leave?

Values are the things in life that are most important to you. They are your beliefs and ways of being in the world that you prioritize. Your values reflect your unique individual essence—the core of who you are. Pick 10 needs that resonate with you. Narrow to your five top values.

4. Do you know your significant other's top values? Are there times when you assume your partner understands your top values or times when you misunderstand theirs?

5. How can you use your top 5 values in your day-to-day life to assist you with making big decisions?



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