

How to Write a Vision Statement in 3 Steps

This worksheet takes you through the steps of writing a vision statement. A vision statement has been defined as a "long term, high-level snapshot of a desired future state."

Your vision statement articulates your *why* (your purpose); it helps you make decisions and ensures you are in integrity with your values. The vision statement provides clarity for your future while directing you to place your attention in the present.

Creating a vision statement can take time, so don't pressure yourself to get it done quickly.



Step 1: Identify your top values.

See Worksheet on Values (<https://isabeauiqbal.com/a-worksheet-on-values-authentic-aspirational/>)

My Top Values:

Step 2: Respond to these 5 questions while keeping your values front and centre.

1.Fulfilment: What are the things you do every day (or regularly) to feel fulfilled? For example, you may need to connect with others, listen to or play music, and/or move your body.

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Step 2 (continued)

2.Enjoyment: What do you enjoy doing the most? Think about the things that would leave you feeling incomplete if they didn't happen in a given week or month. These may be similar or different from the items you included in the fulfilment category.

3.Focus: What are the major areas of your life that you give attention to? (e.g, family, spirituality, finance, health, family and friends, career, home and environment, etc)

4.Strengths: What comes easily to you? What are you good at?

5.Dreams: What are they?

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Step 3: Draft your vision statement.

Reflect on your responses to the questions in Step 2. What themes are repeated? What matters to you?

Now, it is time to formulate a short statement that guides you in the present and towards your desired future. To read some examples, see: <https://isabeauiqbal.com/how-to-write-your-vision-statement/>

As you write, remind yourself that you're not aiming for a "perfect" vision statement.

My Draft Vision Statement:

Once you have created a draft, put it aside for a few hours or days. Then, come back to it and make any needed changes. Share your vision statement with others who support you and care for you and, if you want, invite their thoughts and reflections.

For more information on creating a vision statement, see my blog at isabeauiqbal.com/blog