



Life Areas

Number the following areas of life in the order of priority for you. One being the most important.

_____	APPEARANCE
_____	HEALTH
_____	HOME
_____	RELATIONSHIPS
_____	CAREER
_____	PERSONAL DEVELOPMENT
_____	SERVICE
_____	MONEY
_____	SPIRITUAL
_____	_____
_____	_____
_____	_____



Describing Your Personal Vision

“We must risk going too far to discover just how far we can go” Jim Rohn

Answer these questions using the present tense, as if it is happening right now. Imagine achieving the results in your life that you deeply desire.

*What does it look like? ** What does it feel like? ** What words would you use to describe it?*

Life Areas:

Appearance

If you could be exactly the kind of person you wanted, what would your qualities be?

Health

What is your desire for health, fitness, athletics, and anything to do with your body?

Home

What is your ideal living environment?

Relationships

What type of relationship would you like to have with friends, family, and others?



Describing Your Personal Vision (Cont'd)

“We must risk going too far to discover just how far we can go” Jim Rohn

Career

What is your ideal professional situation? What impact would you like your efforts to have?

Personal Development

What would you like to create in the arena of individual learning, travel, reading, or other activities?

Services

What is your vision for service in the community or society you live in?

Money

What would you like to create in the area of money?

Spiritual

What would you like to create in the area of spiritual learning and development?



Describing Your Personal Vision (Cont'd)

“We must risk going too far to discover just how far we can go” Jim Rohn

Review your personal visions and ask yourself the following questions to help you clarify and expand your vision.

If I could have it now, would I take it?

Assume I have it now. What does that bring me?



Current Realty

“It doesn’t matter where you’re coming from. All that matters is where you’re going.”
Brian Tracey

Answer the following questions for each of these life areas.

Life Areas:

Appearance

What is my current appearance?

Health

What is the state of my health, fitness, and anything else to do with my body?

Home

Where do I live now?

Relationships

What is my current state in terms of marriage, romantic relationships, and friendship?



Current Realty (Cont'd)

*"It doesn't matter where you're coming from. All that matters is where you're going."
Brian Tracey*

Career

What is my professional or vocational situation?

Personal Development

What is my current reality regarding individual learning, travel, reading, and other activities?

Services

What kind of community service am I involved in and what kind of community do I belong to?

Money

What is my current financial situation?

Spiritual

What kind of spiritual learning and development am I involved in now?



Life Goals/Choices

“To win games, write short term goals. To win championships, write long term goals.”

LIFE AREA: _____

Life Goals

1. _____

2. _____

3. _____

LIFE AREA: _____

Life Goals

1. _____

2. _____

3. _____

LIFE AREA: _____

Life Goals

1. _____

2. _____

3. _____



Annual Goals/Choices

“To win games, write short term goals. To win championships, write long term goals.”

LIFE AREA: _____

Annual Goals

1. _____

2. _____

3. _____

LIFE AREA: _____

Annual Goals

1. _____

2. _____

3. _____

LIFE AREA: _____

Annual Goals

1. _____

2. _____

3. _____



Resources Visions & Goals

- Belf, Teri-E, Ward, Charlotte. *Simply Live It Up*, 1995
- Dyer, Wayne W., *Manifest Your Destiny*, 1997
- Fanning, Patrick, *Visualization for Change*, 1988
- Fritz, Robert, *The Path of Least Resistance*, 1984
- Hanson, Mark Victor, *Future Diary*, 1997
- Klauser, Henriette Anne, *Write it Down, Make it Happen: Knowing What You Want... and Getting it.*
- Leider, Richard J., Shapiro, David A., *Repacking Your Bags*, 1996
- Leonard, George, *Mastery*, 1992
- O'Brien, Michael J., Hook, Larry, *Profit From Experience*, 1998
- Richardson, Cheryl, *Take Time for Your Life*, 1999
- Senge, Peter, *The Fifth Discipline FieldBook*. (Chapter on Personal Mastery)
- Sher, Barbara, *Wishcraft*, 1979
- Sher, Barbara, *Live the Life You Love*, 1996



Client Preparation Form

*Turn every experience into a learning experience.
Seek the valuable lesson in every setback or disappointment.*

Please email or fax this form to me prior to our coaching call.

How am I feeling about myself, my work, about others?

What have I accomplished since our last call?

What were my wins/challenges?

What was the learning from my experience?

What do I want to walk away with from today's meeting with my coach?

What do I want to be held accountable for?

What else?
