



Lou Brown ADHD & LIFE COACH

www.thrivingwithadhd.com.au

Telephone: 0413 237 359

Palmyra W.A. 6157

Email: lou@thrivingwithadhd.com.au

Create Your Vision for the Future

Before developing your personal vision for the future, it can be really helpful to complete the "Get Crystal Clear" worksheet first.

Your vision is essentially the picture in your mind (that is then describe in words) of what you want your life to look like in the future.

An inspiring vision gives you clear direction and purpose. It can also help foster the interest, motivation and determination required to achieve your goals.

To give your vision power:

- Write your vision in the present tense, as if what you are trying to achieve is already a reality.
- Use language and imagery that resonates with you.
- Make sure the picture it evokes is clear, precise, colourful, emotive and real. And that it has that "Yeah, that's what I want!" factor.

You may need to write a few drafts before you feel you have nailed your vision. That's okay. There's no right or wrong way to write a vision, but it's easier if you follow these basic guidelines.

