

Exploratory Exercises in Preparation for Writing a Personal Vision Statement

1. Identify your past successes. Spend some time identifying four or five examples where you have had personal success in recent years. These successes could be at work, in your community, at home, etc. Write them down. Try to identify whether there are common themes to these examples. Write them down.
2. What are the ten things you most enjoy doing? Be honest. These are the ten things without which your weeks, months, and years would feel incomplete. What three things must you do every single day to feel fulfilled in your work?
3. What do you love? What are your interests? List them.
4. Identify your core values, a list of attributes that you believe identify who you are and what your priorities are. The list can be as long as you need. Once your list is complete, see if you can narrow your values to five or six most important values. Finally, see if you can choose the one value that is most important to you.
5. Identify your contributions. Make a list of the ways you could make a difference. In an ideal situation, how could you contribute best to the world in general, to your family, to your employer or future employers, to your friends, and to your community?
6. If you never had to worry about money for the rest of your life, how would you spend your time?
7. When your life is ending, what will you regret not doing, seeing, or achieving? (Guesswork is OK here.)
8. What strengths have other people commented on about you and your accomplishments? What strengths do you see in yourself?
9. What weaknesses have other people commented on about you and what do you believe are your weaknesses?
10. Your life has a number of important facets or dimensions. Write one important goal for each of them: physical, spiritual, work or career, family, social relationships, financial security, mental improvement and attention, and fun. Alternatively, make a list of your personal goals, perhaps in the short-term (up to three years) and the long-term (beyond three years).

Take the time to answer fully.

Adapted from

http://humanresources.about.com/od/success/a/personal_vision.htm
http://www.quintcareers.com/creating_personal_mission_statements.html

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