

LIFE VISION & ASSESSMENT WORKBOOK



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Introduction

Fulfillment doesn't just happen. You know that the most fulfilled women work at it and are intentional in their growth and creation of their next level vision, while at the same time appreciating who and where they currently are.

As you begin this worksheet, try to set aside your current circumstances and beliefs about what you can accomplish. We'll get to that! For now, just *DREAM...*

What would your most exciting, fulfilling, joyful (insert your adjectives here!) life look like? What would get you excited about starting each day and overflowing with gratitude when you look back on it? The workbook includes sections to dream into each area of your life. If one or two areas aren't priorities for you, come up with your own, new areas to dream into!

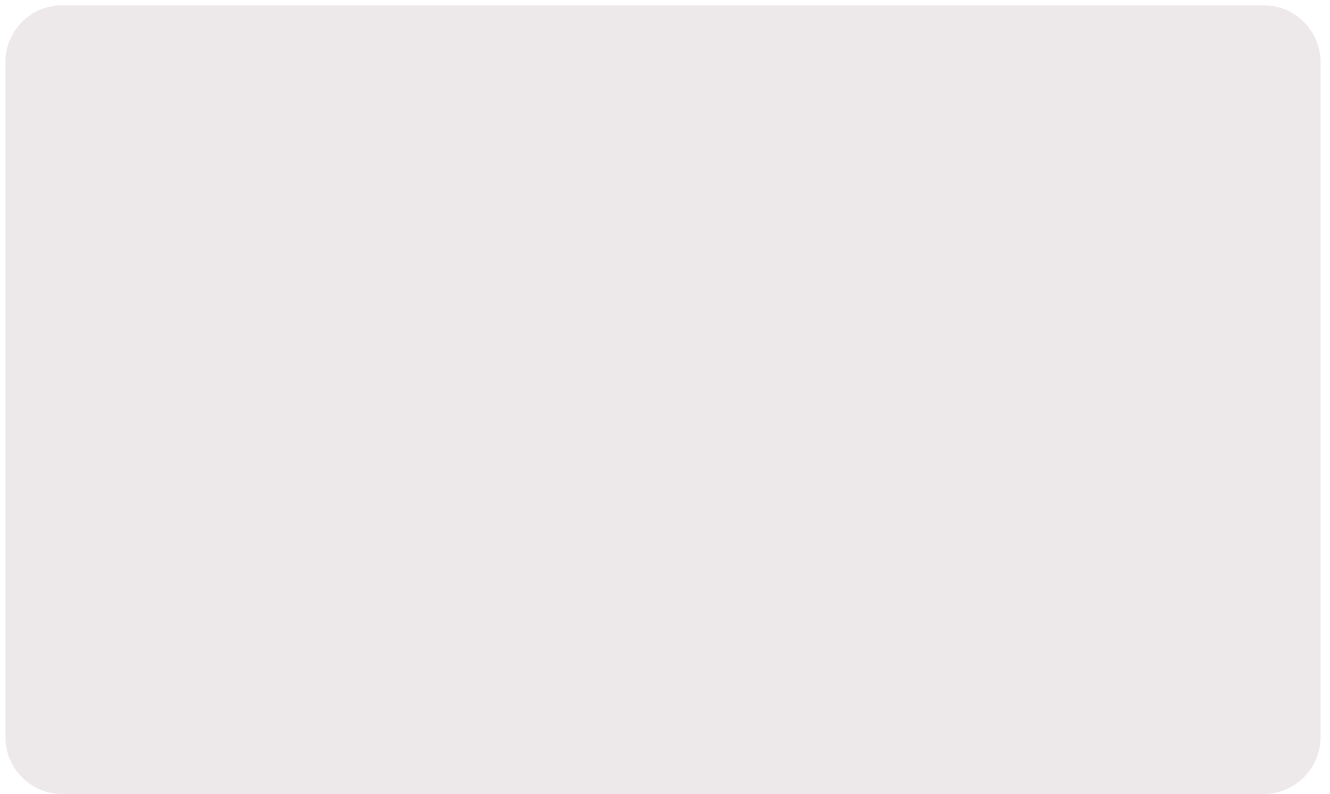
Dream big and ***HAVE FUN IMAGINING!***

What Does Your Dream life look like?

Don't worry – you can and will change your vision over time. Just have fun with this, there's no pressure!

1

How do you see yourself spending your primary time (owning a business, a career goal, or pursuing another passion)?



What Does Your Dream life look like?

2

What do your finances look like? Think about savings and investments as well as income.

3

What does your health and fitness look like?

What Does Your Dream life look like?

4

What family members or types of friends do you spend time with? What do those relationships look like? What does romance and a significant other look like?

5

What does your spiritual life look like?

What Does Your Dream life look like?

6

What are your strongest character traits in your vision? What are you no longer afraid of? What are you learning or what personal growth have you achieved?

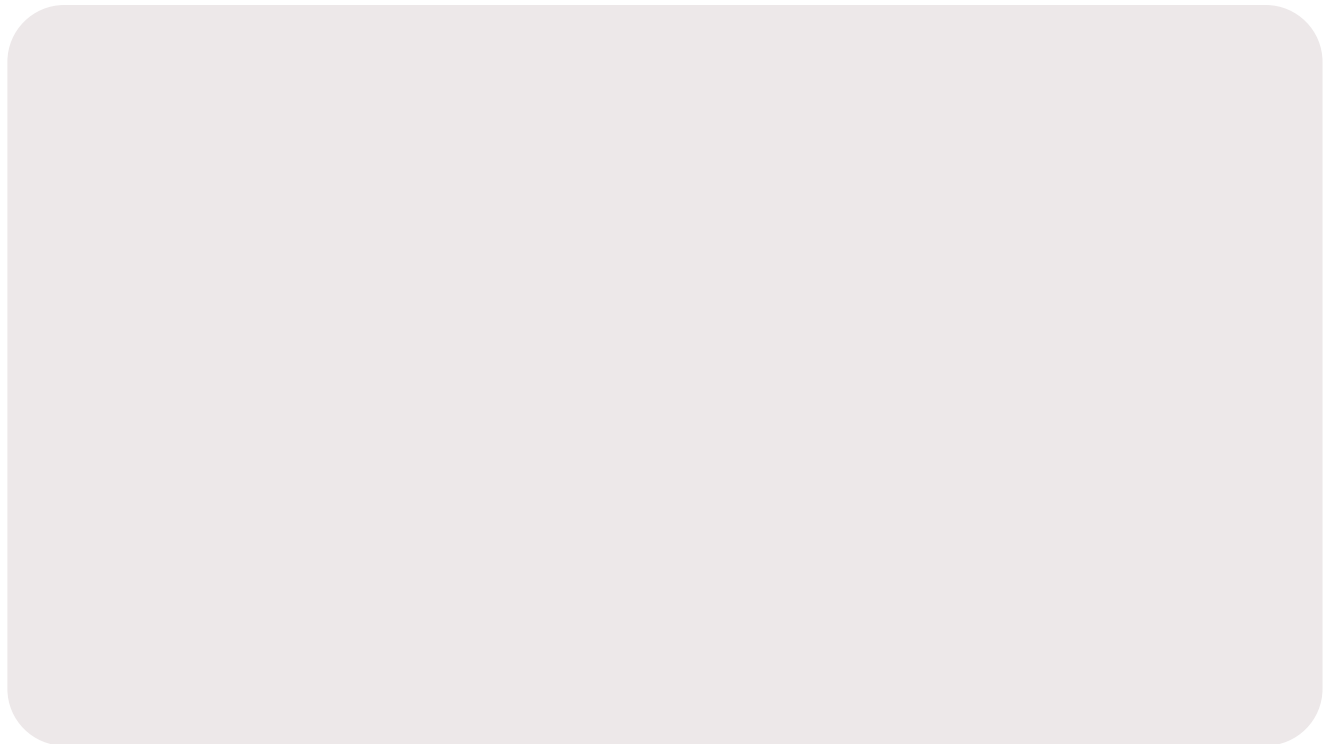
7

What do you do for fun and recreation? How often and with whom?

What Does Your Dream life look like?

8

What does your physical environment look like and how does it make you happy?



Congratulations on getting a bit uncomfortable – stretching yourself to dream big!

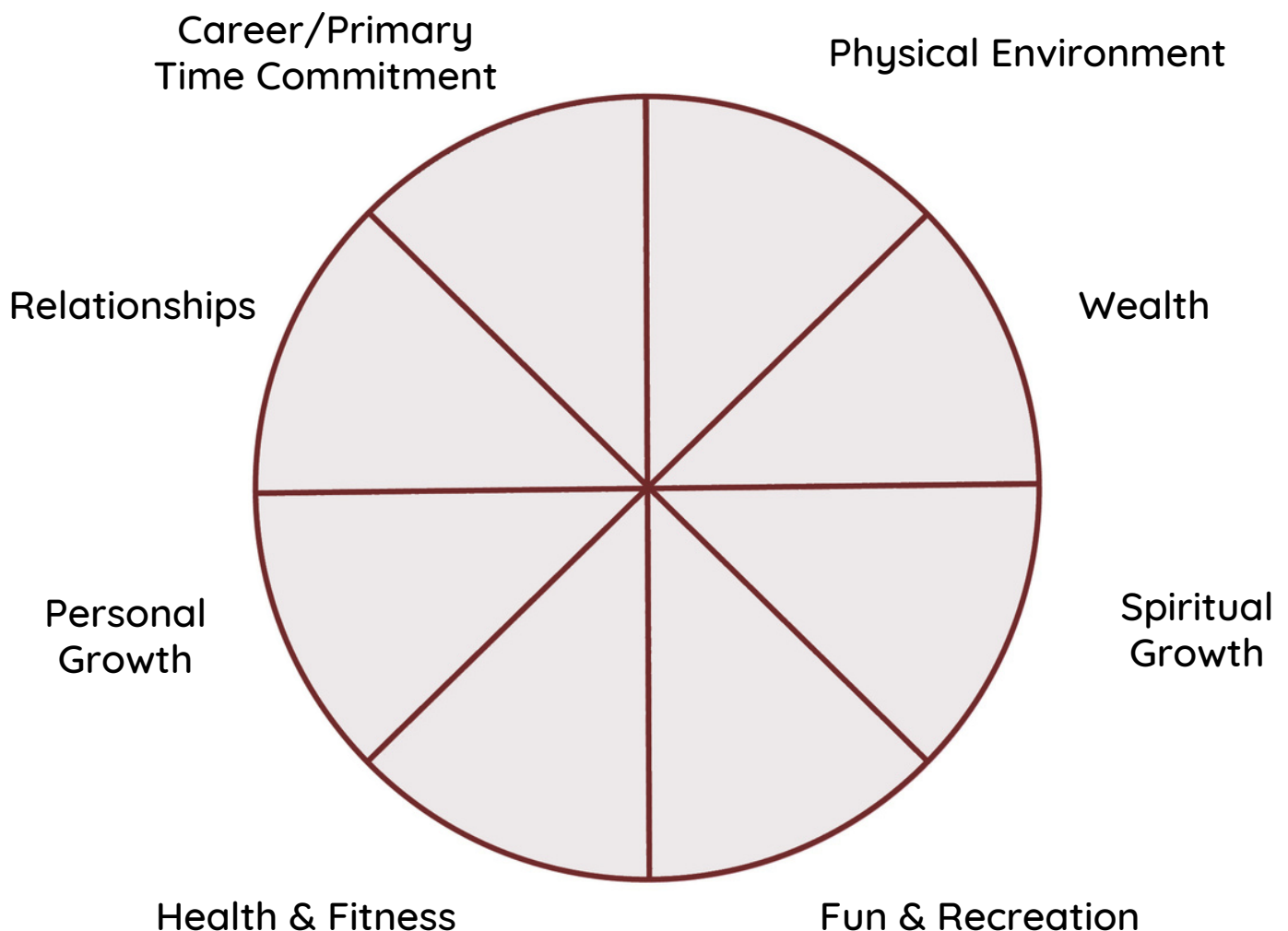
The next section isn't quite as much fun, but it's important and worth your time to review. Before you can create a map forward, you have to be clear on your starting point.

So next, we will look at your current situation.

The life Assessment Wheel

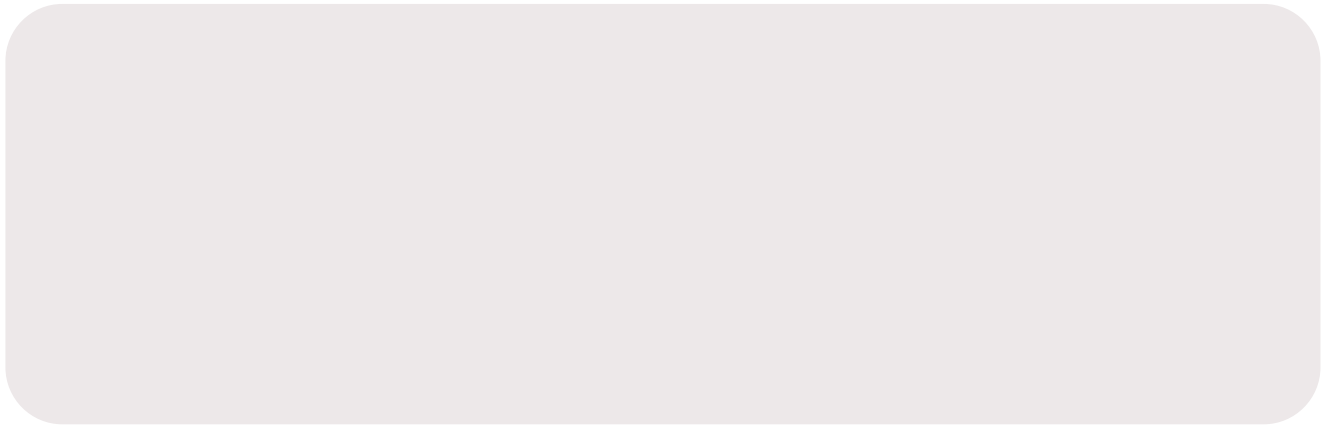
Directions:

The eight sections of the Life Wheel represent life balance. Feel free to rename any area that doesn't resonate with you. Then rate each section of your life, looking at the center of the Wheel as zero (worst possible) and the outer ring as a 10 (best). Be honest, but not overly hard on yourself! You are comparing each area of your life to the other areas, not anyone else's life. Next draw a line across the section to indicate the rating (i.e. a 5 would be across the middle). Now color in from the center to the lines you drew in each section to indicate your Personal Wheel.

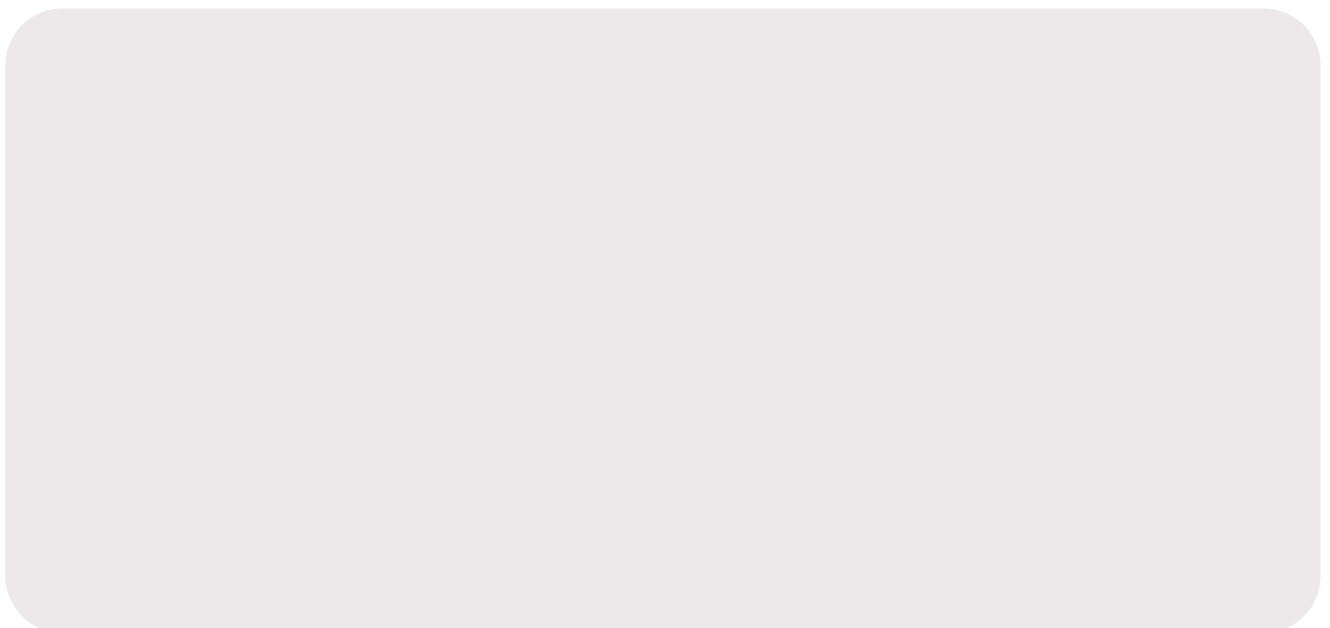


Life Wheel Analysis

What do you see? Are there areas way out of balance, or would you have a smooth ride?

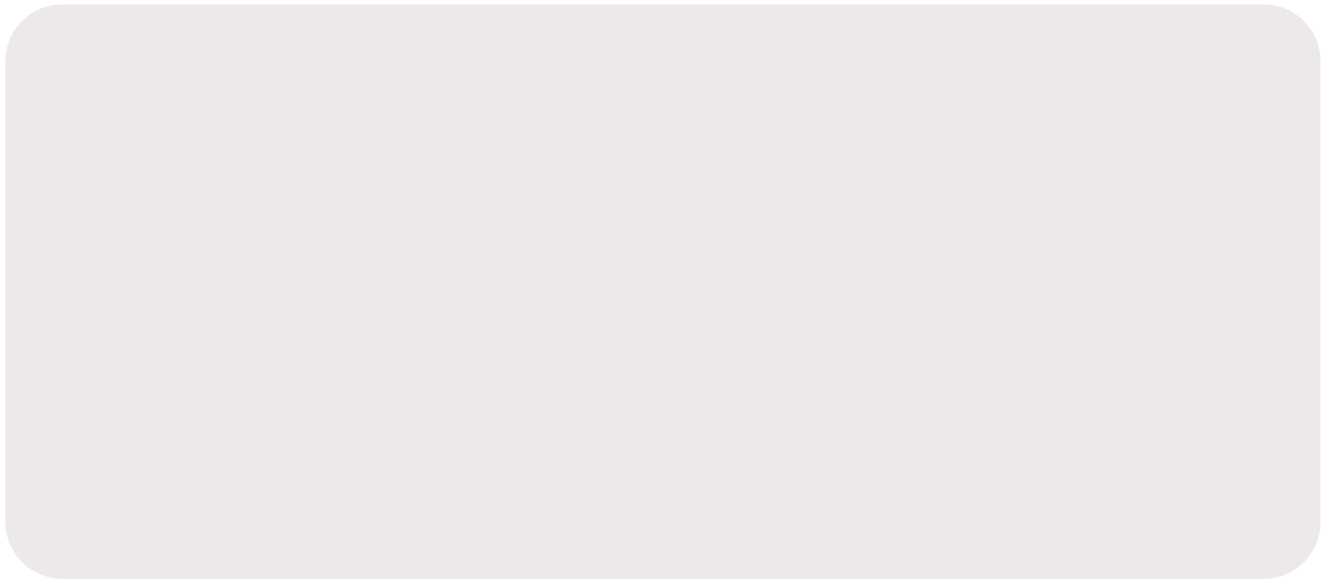


Based on your Dream Life Visioning, and your Personal Life Wheel – what area do you want to focus on for the next 90 days? You may have many areas that you want to improve, but for the purpose of this exercise – please pick one to start with!

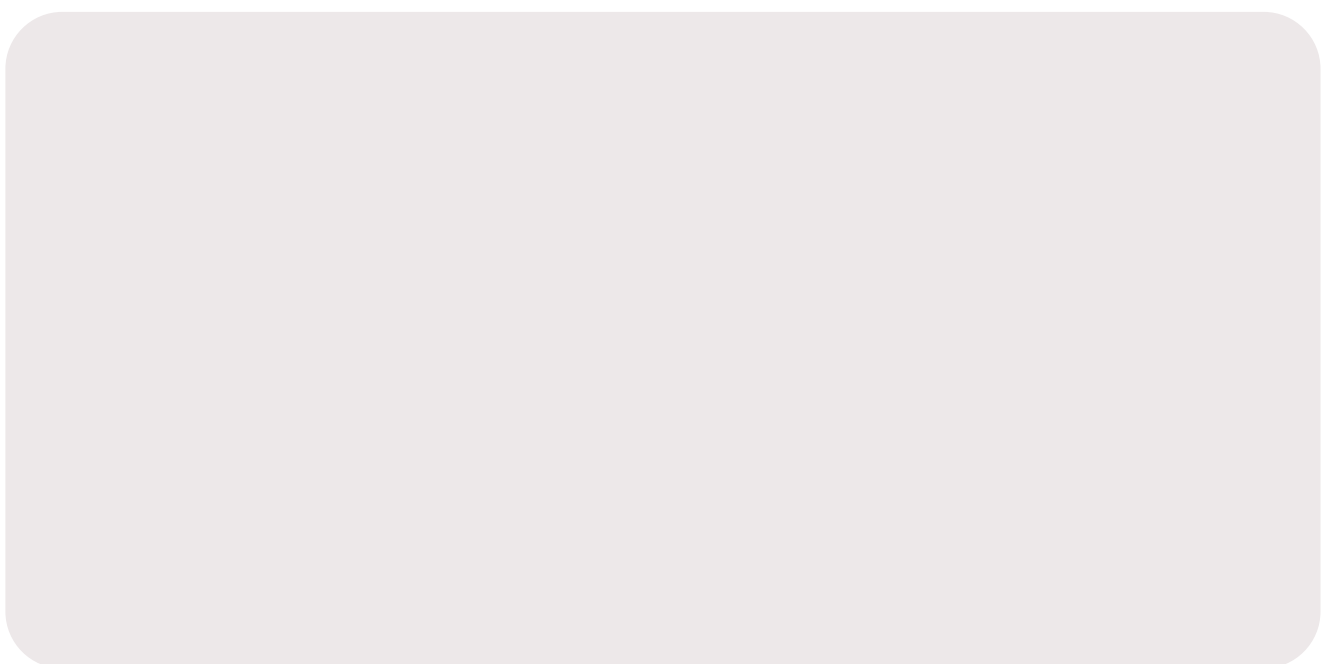


Life Wheel Analysis

Why did you choose this as your primary area of focus right now?

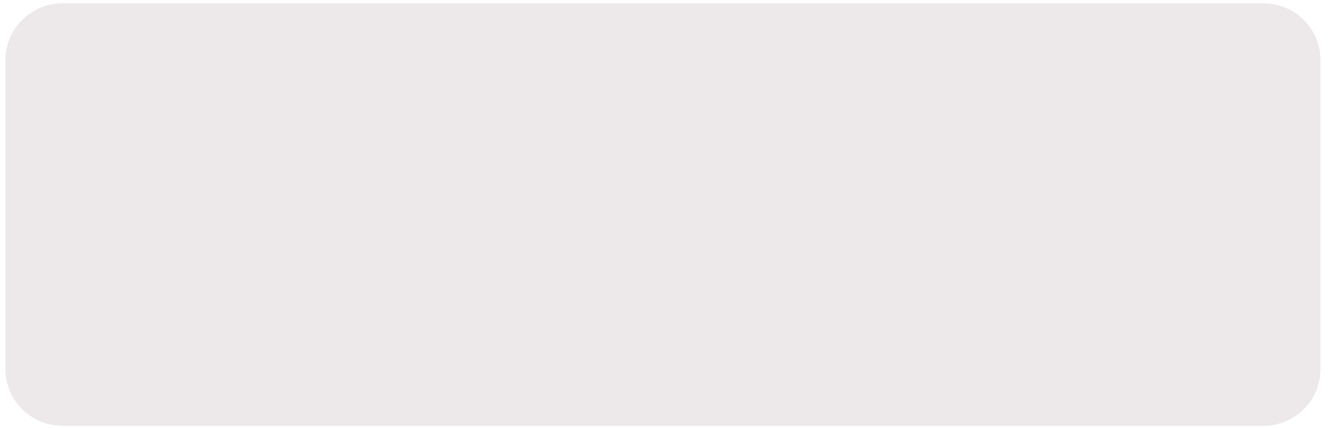


How will you feel when you gain traction and start to make changes or improvements in this area?

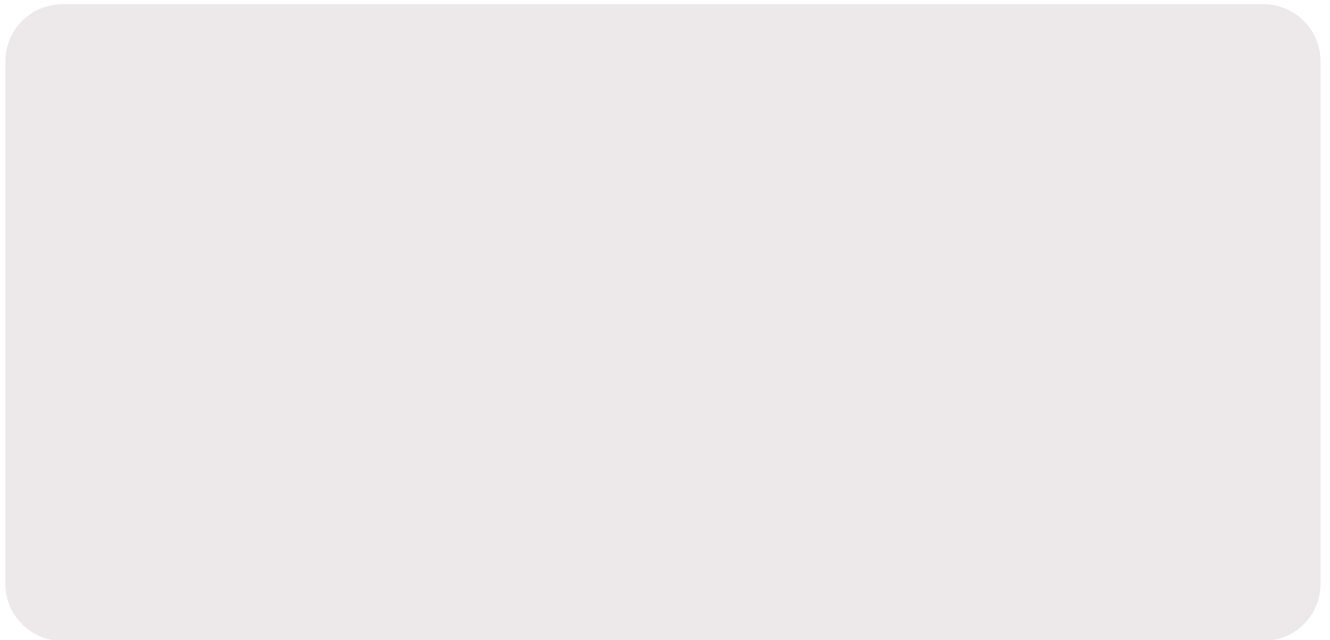


Life Wheel Analysis

On a scale of 1-10, with 10 being 100%, how committed are you to making this happen?



If you aren't at a 10, what can you do to increase your level of commitment?



“Motivation gets you started. Commitment keeps you going.”