
VISION - GOALS - ACTIONS

WORKSHEET

This worksheet is to help you define a Vision (for today), and outline Goals and Actions to make your vision manifest. It is meant to serve as a catalyst. Use all or only parts of the process - as best serves you to help clarify your vision, your goals and to develop action steps

Overview of the Process – Vision, Goals, Actions:

- Define your Vision
- Define 3 to 5 Goal categories
- Identify separate actions for each goal

I. YOUR VISION: *Define a Vision for your life.*

- What are the key ingredients of your Vision (today) – *concepts, principles, values, and the material ingredients?*

List them. Define the terms for yourself

- Write a Vision Statement.

A VISION STATEMENT *is based on the concepts and ingredients you've chosen and defined*

II. GOALS: *Establish Broad Goal Categories*

a. List the categories - *(Examples below)*

E – Earning Related *(Goals that work toward overcoming underearning and/or under-being, under-achieving)*

J - Job *(Goals related to professional achievement)*

S - Service *(Giving back what has been given. UA Service work, Other community or political service work, private service work - as you define).*

C – Creative Work *painting, writing, music, dance, any creating (for personal or professional goals)*

F - Family/Friends *(Goals in social, inter-personal and family relationships)*

R - Regeneration/Self-Care *(Everything else ☺) Play, Twelve Step & other Spirituality, Home-care, Life-Long Learning*

b. Define these for yourself to include all aspects of your life.

c. Write a brief goal statement/affirmation for each Goal category

d. List all goals under each category.

Allow yourself to list any and all goals you may have – including those that seem entirely unfeasible to you now. Write them down. This demonstrates faith in the potential of the Universe, faith in infinite possibility, faith in God

GOAL CATEGORY #1

Write a goal statement

Examples:

Goals and sub-goals for this category

VISION - GOALS - ACTIONS
WORKSHEET

GOAL CATEGORY #2

Write a goal statement

Examples:

Goals and sub-goals for this category

VISION - GOALS - ACTIONS
WORKSHEET

GOAL CATEGORY #3

Write a goal statement

Examples:

Goals and sub-goals for this category

III. ACTIONS

You will decide how to prioritize your Action Steps –with support and help from your action partners.

You will begin by listing some Action Steps in each category – even if it's only one or two.

You may use a timesheet or dayplanner and your Action Step code. (i.e. E, S, R, C, etc.). to help you see how you are using your time

Here's a way to begin:

- a. Write each Goal listed on the previous pages – in each category – on a separate piece of paper. You don't have to list actions for each goal yet, but give each one it's own page
- b. List actions necessary to proceed with each goal (as many as you can). Ask your Higher Power for guidance, the do what you can to begin. Don't try to tackle every goal right now. Pick one or two goals in each category and list actions for those goals, for now. Where do you feel energy or motivation to begin? Start there.
- c. Brainstorm all actions required to move toward and complete the goals you choose to work on for now.
- d. Apply time frames, deadlines, when possible and check in with an Action Partner for support
- e. Break actions down into the small incremental steps.
- f. Try picking one goal and do one action step after every session.
- g. Remember to call your action partner. They care about your journey. Bookend your actions and celebrate your progress

Remember the importance of baby steps and seek support when discouraged. God will lead you as you ask for guidance, one day at a time