

Visualize Your Future

Client Name _____

Date _____

Directions: This simple exercise will help you to clarify your values and priorities and begin to identify your life goals. The first step is to review your responses to the “Wheel of Life” exercise. Next, make a list (words or phrases are sufficient) of what is most important to you in each Facet of Life and what you most want to experience or achieve in the future. Asking yourself the following questions will help you to articulate your vision for the future in each Facet of Life:

1. What do I value most in this Facet of Life?
2. What are my current “riches” in this Facet of Life?
3. Referring to my “Wheel of Life” exercise, how would I describe a “10” in this Facet of Life?
4. What “riches” do I want to include in this facet of my life portfolio in the future?

My Family:

My Health:

My Leisure:

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My Learning:

My Inner Growth:

My Home:

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My Community:

My Work:

My Finances:

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