

Guidelines for your Vision Statement:

1. Written in the present or past tense – not future tense. (*My dream life is happening NOW!*)
2. Images (*paint pictures with words*) – “*I love driving my white Lexus coupe, with the tan leather interior...*” “*The view from our bedroom is spectacular. We can see the lake and the mountains in the distance.*”
3. Specificity and detail (For example: ‘*What is the amount of your income?*’, ‘*Where is the dream house located?*’, ‘*How many bedrooms does it have?*’ ‘*Describe your ideal clients*’).
4. Write as though it all worked out, so there is no need to mention that a problem no longer exists.
For example: don’t write, I no longer have back pain. Write how it would be if you no longer had back pain. I can easily ski, hike and run and enjoy doing so.
5. Feeling-Tone: choose words that, when you read your vision statement generate feelings of the “YES” factor – **“Yes! I love my life!”**