Worksheet 10 – Vision Sketch

Forget “realistic” for ten minutes. If you found a magic lamp, what would your ideal life feel like in 1 year? In 5 years? Brain-dump first, find the feelings second, then compress it all into one personal headline.

1 · Brain Dump (No Holds Barred)

What would you be doing day-to-day? Who is there? How do your days flow? Don't censor. Messy is good.

2 · Core Feelings (The Why Behind the What)

Look at the dump above. Which 3-5 feelings are you actually chasing? (Freedom? Calm? Connection? Impact? Adventure? Security?)

#	Core feeling	Where it showed up in my brain dump

3 · My Vision Statement (Your Personal Headline)

One or two sentences. Punchy, personal, yours. Write it somewhere you'll see it.

Example: “To live a life fuelled by creative energy and deep connections, with the freedom to explore widely, feeling calm, purposeful, and unburdened each day.”