

Life Vision: Big Picture

Describe your priorities, goals, and values in life. What is important to you? What is your motivation to improve? How would you like life to be different? What would/will you be doing if you managed life more effectively? What are your dreams in life?

Describe what you do effectively and what you want to improve on in each of the following areas. See how what you do and what you want to improve on will be part of the big picture. Remember that even small details can impact your Life Vision in important ways. Create one manageable goal for each area that builds on what you do effectively or that addresses a desired improvement. Keep in mind that your goals may change each time you review and revise this section.

Mental health	
Physical health	
Chemical health (avoiding drugs and alcohol)	
Education (school or self-education)	
Productivity (work or projects)	
Volunteering or contributions	
Finances	
Home environment	
Leisure	
Family	
Friends	
Spirituality (religion or other connection)	

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Choose one to three of your goals in these areas to get started on, and refer to them often. Describe your strengths and other resources that will help you move toward your goal(s):

Describe how your life will be different when you accomplish your goal(s):