

**ATTACHMENT 1 –
Brainstorming Your Vision**

Step 1.

List five things that make you happy.

Step 2.

What are five things you are committed to in your life?

Step 3.

List five things you are doing right now to use your full potential.

Step 4.

Write down your five most important roles.

Step 5.

Write down five adjectives that describe your behavior in each of these roles.

ROLE 1: _____

Adjective 1: _____

Adjective 2: _____

Adjective 3: _____

Adjective 4: _____

Adjective 5: _____

ROLE 2: _____

Adjective 1: _____

Adjective 2: _____

Adjective 3: _____

Adjective 4: _____

Adjective 5: _____

ROLE 3: _____

Adjective 1: _____

Adjective 2: _____

Adjective 3: _____

Adjective 4: _____

Adjective 5: _____

ROLE 4: _____

Adjective 1: _____

Adjective 2: _____

Adjective 3: _____

Adjective 4: _____

Adjective 5: _____

ROLE 5: _____

Adjective 1: _____

Adjective 2: _____

Adjective 3: _____

Adjective 4: _____

Adjective 5: _____

Step 6.
List five priority values.

Step 7.
List ten of your strengths.

Step 8.
List five things you would like to do to make a difference in the world.

Step 9.
In one paragraph, what would you like someone to say at your funeral?

Step 10.
Look at all the answers you gave on the three pages and summarize your five life guiding principles (Values). Examples include: loyalty, responsibility, hard work, faith.

**ATTACHMENT 2 –
Writing Goal Statements**

Write a goal statement(s).

Read over the five rules to see if your goal passes the rules test.

Five Rules to Writing Goal Statements.

- 1. Make sure the goal is something you really want**
- 2. Always write the goal in a positive manner.**
- 3. Be specific about your goal.**
- 4. Place a time frame on your goal.**
- 5. Make the goal statement measurable.**