



Self-Growth Journey

Heart

Body

Life

Mind

Creating the Amazing Life That You Deserve

This worksheet is a part of the
Self-Growth Journey™ Program.

To read more about the program or to
download the full package, visit:

<https://iulianionescu.com/self-growth-journey/>



Instructions

1. Use the Vision Area matrix to determine the areas where you want to set up a vision.
 - Write your top life roles (from the Roles worksheet) on the row headers (the Individual role is pre-written)
 - Put an X at the intersection of life roles with life areas. Focus on those where you believe you need to have a vision.
2. On the next worksheet, document your Top 10 areas of vision and explain why they are important to you.
3. Next, use the Vision Boxes to bullet-point ideas in each Vision Area. Use the present tense as though this vision has already happened.
4. Make sure you use sentences that are powerful and loaded with the positive emotion that the vision gives you.
5. Derive one brief Audacious Goal from each vision box.

Note: You don't have to fill all 10 vision areas. Use as many as you need. However, if you need more than 10, print more copies of the worksheet.



Vision Areas

Top Life Roles	Physical Wellness	Emotional Health	Family & Friends	Skills & Knowledge	Business & Career	Finance & Wealth	Contribution & Environment	Community	Fun & Entertainment
Individual									



Top 10 Vision Areas

	Life Role / Life Area	Why is it important to have a vision in this area?
1		
2		
3		
4		
5		



Vision Statements

Vision Box #1

Role: _____ **Area:** _____

-
-
-
-
-
-
-
-
-
-
-

Vision Box #2

Role: _____ **Area:** _____

-
-
-
-
-
-
-
-
-
-
-



Vision Statements

Vision Box #3

Role: _____ Area: _____

-
-
-
-
-
-
-
-
-
-

Vision Box #4

Role: _____ Area: _____

-
-
-
-
-
-
-
-
-
-



Vision Statements

Vision Box #5

Role: _____ **Area:** _____

-
-
-
-
-
-
-
-
-
-
-

Vision Box #6

Role: _____ **Area:** _____

-
-
-
-
-
-
-
-
-
-
-



Vision Statements

Vision Box #7

Role: _____ **Area:** _____

-
-
-
-
-
-
-
-
-
-
-

Vision Box #8

Role: _____ **Area:** _____

-
-
-
-
-
-
-
-
-
-
-



Vision Statements

Vision Box #9

Role: _____ **Area:** _____

-
-
-
-
-
-
-
-
-
-
-

Vision Box #10

Role: _____ **Area:** _____

-
-
-
-
-
-
-
-
-
-
-



Audacious Goals

Vision	Audacious Goals
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Note: You will give more details to these goals in a later step. For now, just come up with a brief idea.