

Your Vision

Workbook

A guided workbook for reflection,
awareness, and intentional growth.

SELF-GROWTH JOURNEY

Your Vision

It's easy to move through life focused only on what needs immediate attention. Responsibilities, routines, expectations, and constant distractions can slowly pull us away from the deeper question of where we truly want to go and what kind of life we want to create.

Vision is not about predicting the future perfectly.

It's about allowing yourself to imagine what feels meaningful, aligned, fulfilling, or important to you beneath the pressure of daily life.

Sometimes that vision feels clear and energizing. Other times, it may feel uncertain, unfinished, or difficult to fully describe. That's completely natural.

This workbook is an invitation to slow down and gently explore the direction you want your life to move toward.

Not the version of success others expect from you.
Not a perfect plan you must immediately achieve.
But the future, experiences, relationships, and way of living that feel most honest and meaningful to you personally.

As you move through these pages, you may begin to notice patterns in what you long for, what inspires you, what feels missing, or what kind of life feels most aligned with who you are becoming.

Some reflections may feel exciting and expansive. Others may ask you to sit with uncertainty a little longer. That's completely okay.

Sometimes vision becomes clearer simply by giving yourself permission to imagine more honestly.

Take what resonates.
Leave space for uncertainty.
Return to anything that feels important.

This is not about creating a flawless future.
It's about becoming more aware of the direction that feels most true to you.



Exploring Your Vision

Take some time to reflect on the kind of life you want to move toward.

Not only in terms of achievement or success, but in how you want life to feel, function, and unfold over time.

As you reflect, consider:

- the kind of person you want to become
- the environments you want to create
- the relationships you want to build
- the experiences you want more of
- the pace, structure, and meaning you want your life to hold

Some parts may feel detailed and concrete. Others may remain uncertain or evolving.

The purpose of this section is not prediction.

It is direction.



Vision Areas

Look across the roles and areas of your life.

Mark the places where having a clearer vision would feel meaningful or useful.

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



My Core Vision Areas

Extract from the previous page up to 10 areas or roles where you have a vision. Don't feel the need to fill every box. Focus on what matters most to you right now.

	Life Role / Life Area	Why does this area matter right now?
1		
2		
3		
4		
5		



My Core Vision Areas, continued

	Life Role / Life Area	Why does this area matter right now?
6		
7		
8		
9		
10		



Vision Statements

Write a few notes, images, or phrases that describe what you would love this area of life to look or feel like.

Vision Box #1

Role: _____

Area: _____

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Vision Box #2

Role: _____

Area: _____

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-



Vision Statements

Write a few notes, images, or phrases that describe what you would love this area of life to look or feel like.

Vision Box #3

Role: _____

Area: _____

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Vision Box #4

Role: _____

Area: _____

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Vision Statements

Write a few notes, images, or phrases that describe what you would love this area of life to look or feel like.

Vision Box #5

Role: _____

Area: _____

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Vision Box #6

Role: _____

Area: _____

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Vision Statements

Write a few notes, images, or phrases that describe what you would love this area of life to look or feel like.

Vision Box #7

Role: _____

Area: _____

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Vision Box #8

Role: _____

Area: _____

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Vision Statements

Write a few notes, images, or phrases that describe what you would love this area of life to look or feel like.

Vision Box #9

Role: _____

Area: _____

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Vision Box #10

Role: _____

Area: _____

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Audacious Goals

For now, write one simple goal idea connected to each vision area. It doesn't need to be perfect or fully detailed yet, and you don't have to fill in every box. Only what matters.

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



Reflection

Look back at the vision you've begun to shape.

Some parts may already feel clear and compelling. Others may still be developing through reflection, experience, or time.

Rather than focusing on having every detail fully defined, consider the broader direction that seems to be emerging.

As you reflect on what you've written, ask yourself:

What stands out most clearly about the life you're beginning to envision?

A large area of dotted lines for writing.

Continue Your Journey

Thank you for taking the time to reflect on the future you want to move toward and the kind of life you hope to create.

Vision is not meant to become pressure or a rigid expectation you must perfectly follow.

It is simply a way of staying connected to what feels meaningful, aligned, and important to you as you continue growing and moving through life.

Some of the ideas and possibilities you explored may already feel clear and deeply alive within you. Others may still feel uncertain, evolving, or only partially formed.

Small moments of reflection and clarity can begin to shift the way you make decisions, focus your energy, and shape the direction of your life over time.

If something in these pages resonated with you, you may want to continue exploring the broader Self-Growth Journey Blueprint, along with additional guided workbooks and reflective resources available through SGJ.

Take what feels helpful.
Leave what doesn't.
Return whenever you need to.

Explore the Full Blueprint:

sgjourney.life/blueprint

Additional printable tools, planning pages, and guided growth resources are available online.

selfgrowthjourney.life