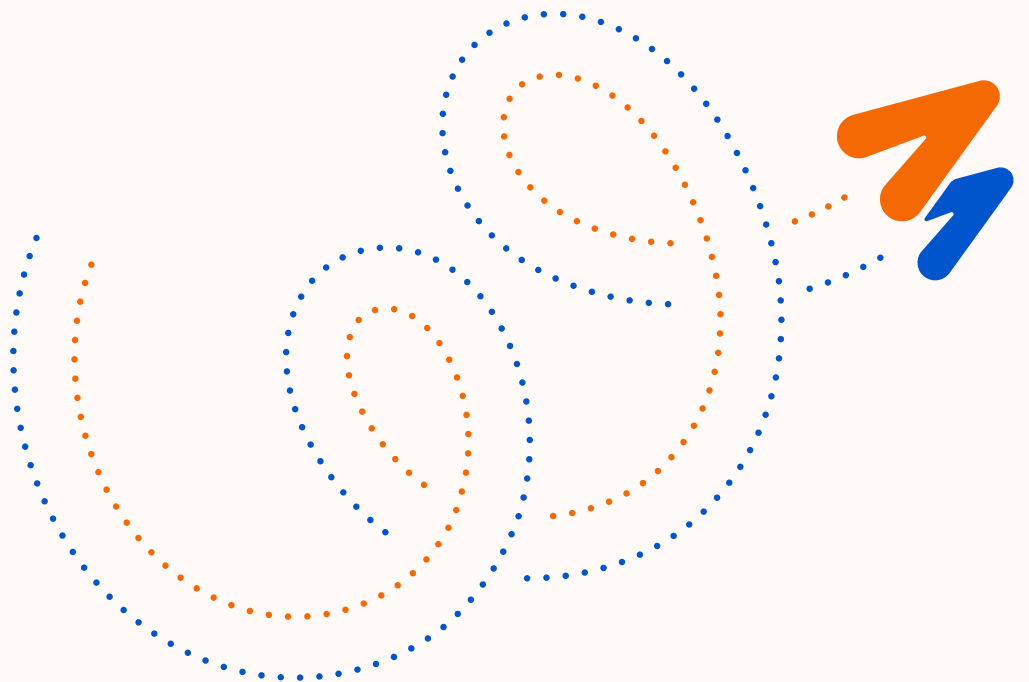


# 2023 VISION

Name: .....

# INSTRUCTIONS

1. Block out 1–2 hours.
2. Go somewhere inspiring.
3. Turn off your cell phone.
4. Work through the questions.
5. Be prepared for an insight that shifts everything...



# THE PAST

**Look back over the past 12 months. Review your calendar.  
Review your bank account. And answer these questions honestly:**

What are you most proud of – personally and professionally?.....

What was the hardest thing you had to overcome?.....

What did you learn from it?.....

What—and who—energized you the most?.....

What—and who—drained you the most?.....

What—and who—are you still tolerating?.....

What were the 1–3 activities or habits that created 80% of your success, happiness and health?.....

.....

Who were the 3–5 people that helped you produce 80% of your results? (Clients, colleagues, friends, loved ones).

.....

What were the 1–3 activities or habits that created 80% of your problems, unhappiness or poor physical/mental health?

.....

What goals did you not accomplish?.....

What got in the way? .....

How are you different at the end of this year from 12 months ago? .....

What coincidences, lucky moments or miracles occurred this year? .....

How did you create them? .....

What is one thing that you spent money on that provided the most value? .....

How did you waste the most money? .....

What are you grateful for? .....

What are your top 3 insights?

1) .....

2) .....

3) .....

# THE PRESENT

## 1. Health [0–10]

How do your body and mind feel? .....

## 2. Wealth [0–10]

How do you feel about your financial situation? .....

## 3. Spirit [0–10]

Are you connected to something bigger than yourself? (Eg. God, purpose, spirituality, or values).

.....

## 4. Family & Friends [0–10]

How do you feel about the quality of relationships in your life? .....

## 5. Love [0–10]

How do you feel about romance in your life? .....

## 6. Work/Team [0–10]

What or who energizes you? .....

What or who drains you? .....

## 7. Personal Growth [0–10]

How much time do you invest in self-improvement or professional development? .....

## 8. Fun [0–10]

How much time do you devote to re-creation and fun? .....

## 9. Technology [0–10]

How does technology energize you? .....

How does it drain you? .....

## 10. Environment [0–10]

How do you feel about your physical environment? .....

Which 1-3 areas do you intend to focus on next year?

1) .....

2) .....

3) .....

# THE FUTURE

Imagine 2023 have gone by and it was the best year of your life...  
What were the top 1–3 things you accomplished that have given you  
a tremendous sense of pride, success, and happiness?

- 1) .....
- 2) .....
- 3) .....

If in year's time you are disappointed with your results, why will that be?.....

What's your breakthrough goal?.....

Who do you want to be by the end of this year? .....

What's one thing you want to start doing this year? .....

What's one thing you want to stop doing this year? .....

Who in your life deserves more attention this year? .....

What's one word or sentence that sums up this year? .....

My motto for 2023 will be the following: .....

I (name and surname)

.....  
believe that this all will happen.

Date: .....

Signature: .....