



## Vision Clarification

*“Knowing where you are going is the first step to getting there”  
- Ken Blanchard*

### **Instructions:**

This exercise from [The Perfect Day Formula](#) could possibly be the most important exercise you do for yourself. I suggest finding a time during your week in which you will be alone and can't be interrupted. Look through each exercise below carefully and truly allow yourself to create a vision of your life that you would LOVE to live.

---

### **Exercise: Build Your Accomplishment Pyramid**

*What are the greatest accomplishments that you want to achieve in the next 10 years? Take time to think about what you REALLY want for your life and those around you.*

For Your Relationships?

- 

For Your Health?

- 

For Your Career?

- 

For You Personally?

- 

### **Exercise: Create Your Perfect Life Vision**

*Writing out your perfect day 3 years from now basing it off your values above is one of the greatest ways to bring clarity to your life. Read through the questions first and then think of a*

*very specific time and place in which you can take yourself there and answer the questions below.*

The Date is:

The Location is:

I am With:

We are Celebrating:

In the Past 3 years I have:

- Career Accomplishment:
- Personal Accomplishment:
- Health Accomplishment:

My family does this:

My partner and I do this:

### **Exercise: Create Your Perfect Day Story**

*Now you will write as if you are telling in detail your perfect day story from the vision above. Make sure to be as descriptive as you can, tapping into every sense and emotion that you would have that day.*

*To see an example of my vision you can [CLICK HERE](#). Just to be clear, you don't have to have such a long story like mine, but it is important to be clear on your story so that if someone else would read it they could see your vision like you do.*