



MY LIFE IS MINE TO CHOOSE.

SOULMED

Life Vision Statement Activity

We get to choose how we want to live our lives. It is not anyone else's decision. What we want for our lives is wholly determined by us and only limited by our creativity.

So, what do you want for your life?

On a separate sheet of paper, write responses to the prompts and questions below to start creating your life plan and vision statement. Need more support? Schedule a free 30-minute consultation at <http://soul2soles.co/LetsTalk>.

MAKE A LIST OF THE THINGS THAT YOU WANT IN YOUR LIFE.

EXAMPLE ::

I WANT ::

- PEACE
- HAPPINESS
- OPTIMAL HEALTH FOR MY BODY + SITUATION
- FINANCIAL STABILITY
- TO TRAVEL
- A GOOD RELATIONSHIP WITH MY KIDS, PARENTS
- TO ENJOY LUXURY GOODS WITHOUT FINANCIAL STRESS
- TO BE A GOOD FRIEND

CREATE A VISION STATEMENT FOR YOUR LIFE USING THE THINGS YOU WANT OUT OF LIFE.

EXAMPLE ::

I CHOOSE TO LIVE A LIFE FULL OF PEACE AND HAPPINESS. I WILL HAVE FINANCIAL STABILITY THAT ALLOWS ME TO TAKE CARE OF MY NEEDS AND PROVIDE ME WITH DISPOSABLE INCOME TO ENJOY LUXURY ITEMS AND TRAVEL OUT OF THE COUNTRY AT LEAST ONCE YEARLY. I WILL WORK TO HAVE AND IMPROVE MY RELATIONSHIPS WITH MY KIDS, PARENTS. I WILL BE A BETTER FRIEND AND TAKE CARE OF MY HEALTH BY EATING FOR MY BODY AND MANAGING MY STRESS.

