

## Vision Exercise

*Faith and Fear have something in common.  
They both believe in a future that hasn't happened yet.*

Most children have no problem dreaming about the future. They are constantly projecting themselves into all the possibilities of **WHAT** they could do and **WHO** they could become.

As we get older, we tend to lose that ability, or perhaps we don't make time for our hearts to dream.

**This is a vision - dreaming exercise.**

It's important for you to cultivate a compelling vision for the future to prompt new motivation toward the things that matter most.

### Getting Started:

Pick a date in the future, as far out as you like...  
1 year, 3 years, or even 10 years.

Pick an actual day.

Maybe it's New Year's Day, a birthday, or an anniversary.

Begin with describing who you are. Who have you become?

How have you grown?

Write about the work you're doing, how you're leading, the goals you've accomplished, and lives you've impacted.

Describe your relationships and how you interact with your family and community. What good things has God brought into your life?

How have you made a difference in the world?

\*On the next page is a list of prompts to help you dream and write about the different areas of life you will grow and transform.

### Suggestions to get started

- Set aside an hour (or longer)
- Grab a journal or notebook or use this document
- Start allowing your heart to begin dreaming about your future
- Don't think too hard about the questions, just start writing/typing the first thing that comes to mind
- Make this a contemplative and prayerful exercise

*Now faith is confidence in what we hope for and assurance about what we do not see.*

**-Hebrews 11:1**

**WHEN** are you? what date did you pick in the future?

**WHERE** are you?

**WHO** are you with?

**WHAT** are you celebrating?

**In the past few years, I have:**

**Big Accomplishment #1:**

**Big Accomplishment #2:**

**Big Accomplishment #3:**

**(If you have a family) My family does this:**

**(If you have a partner) My partner and I do this:**

**What challenges have you overcome?**

**What good things has God brought into your life and business?**

**Who have you become? What kind of leader are you?**

**How does your business team work together?**

**How are you making a difference in the world?**

**What big problem are you solving or who are you serving?**

**Who has your work impacted the most?**

**What are you most excited about right now?**

**How do you measure success?**

**How do you feel about your family and career?**

**What are the three most important things you offer your family?**

**What reputation does your family have and what reputation are you building at work?**

**What are the three most important accomplishments your family achieved?**

**What is your personal mission in life?**

**What do you want your life's legacy to be?**

**How do other people feel when you walk into the room?**

**What brings you the most joy?**

**What are your highest values?**

If you prefer to write in a journal,  
use this one-page print out of the questions

**WHO** are you with?

**WHERE** are you?

**WHAT** are you celebrating?

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**(If you have a family) My family does this:**

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