

10 Insightful Questions – Equation for a Clear Vision



So, you have decided to set some goals. Great! The first step in setting goals is deciding what you want. I know that sounds simplistic, but I have talked with countless people who find this part confusing. First, do you really want to set goals or are you simply doing it because...well, everyone else is doing it? Don't get caught up in the "It's that time of year" phase when most people are making resolutions out of a sense of guilt. Goal setting and realization is a lot of hard work. If you are not committed to doing the hard work or if you are not doing this for YOU...stop reading this right now.

For those who are ready and committed...let's get started.

I have devised 10 simple but insightful questions you can ask yourself to figure out what it is that you want so that you can take that first step. Once you understand what you want for yourself creating the steps or strategies to achieve your goals will become more manageable.

First, let me remind you of the 10 life areas that drive the goals we set for ourselves. If you missed this part, click the link to read it first: "Identifying What Matters to You- Positioning for Change".

1. Spiritual – Knowing oneself
2. Growth – Learning
3. Family, Friends, Relationships
4. Health/Fitness
5. Career/Business/Work
6. Fun/Recreation
7. Community
8. Home/Physical environment
9. Partner/Love/Romance/Relationship
10. Money/Finances

As you go through each question, remember the 10 life areas defined above so that you can categorize your answers later. The answers will unlock the equation and help to form your **vision**. Having a strong and compelling vision will be the key to goals success. Once you have identified your vision you can then begin the exciting process of setting goals and making your vision become a reality.

Read through the following 10 questions:

Before you get started, make sure that you are in a quiet place where you won't be interrupted. This is important because you want to be able to listen for your "inner voice" as you contemplate your answers. Get a pen and paper and write down the answers to those questions that inspire you the most.

1. What is it that you want to be, to have, or to do?
2. If there were no restrictions or limitations and you could have whatever it is that you want what would it be?
3. If you wake up tomorrow morning and your life is perfect, how will you know? Describe it.
4. What is it that you truly love?
5. What do you want so much that just thinking about it brings a huge smile to your face?
6. What would your life look like if it included all the things you love?

7. What would your ideal life look like if there were no limitations?
8. What would you love to do if you had all the money you needed?
9. What would you do if you knew you could not fail?
10. If you could achieve one big goal what would it be?



Once you have finished answering the questions you will have the equation for a pretty clear vision for your future. Take this time to write your vision on paper. Now, read it out loud.

Good Job!

Now, let's score your vision on a scale of 1 to 10. It should be extremely motivating and compelling for you. Hearing your vision read aloud should make you excited. Are you?

If your vision didn't score a 9 or 10, stop now and take as much time as you need to go back over the questions. Make sure that your answers reflect your wants genuinely. Sometimes it takes longer to identify your vision because you are not used to listening to your inner voice. Remember your vision should **'wow'** you - so much so that you are willing to do whatever it takes to just get out there and create it!

Once you have a clear and motivating vision for your future on paper, you will be ready to set clear goals and strategies. The most important thing is that you know what it is that you want from life overall. Simply focus on that and your next steps will be a life changer.

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