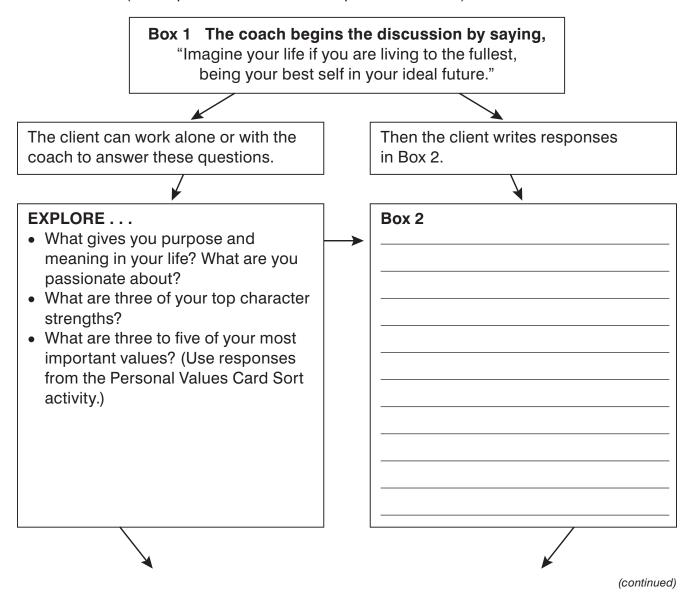
### **HANDOUT 5.2**

# Designing a Personal Vision Statement

#### **Directions:**

- This form can be started in a coaching session and completed either during that session or before the next session. You will invite the client to reflect on the Explore and Dream boxes and ask them to write responses in the corresponding boxes on the right.
- Once the client has written several responses in Boxes 2 and 3, ask them to create a summary statement that encapsulates the vision they created for their best self in their ideal future. (A sample vision statement is provided below.)



This is a supplementary resource to *Motivational Interviewing in Life and Health Coaching: A Guide to Effective Practice*, by Cecilia H. Lanier, Patty Bean, and Stacey C. Arnold. Copyright © 2024 The Guilford Press. Permission to download and print this material is granted to purchasers of this book for personal use or use with clients.

## Designing a Personal Vision Statement (page 2 of 2)

Next, the client answers the questions below to expand and gain a broader perspective.		Then ask the client to write responses in Box 3.
`		<b>∠</b>
<ul> <li>Picture your ideal future. What do you look and feel like?</li> <li>Who is with you? How do you relate to others?</li> <li>What kinds of things are you doing in your personal and/or professional life?</li> <li>What values are you living by? How are your behaviors in line with your values?</li> <li>How are you using your strengths to flourish?</li> <li>How have you achieved balance in this ideal life?</li> </ul>		Box 3
	_	

### **VISION STATEMENT**

Clients will choose a few of their written statements from Boxes 2 and 3 and summarize them to create a personal vision statement in a few sentences below. This answers the question "What do you imagine for you ideal self and future?"