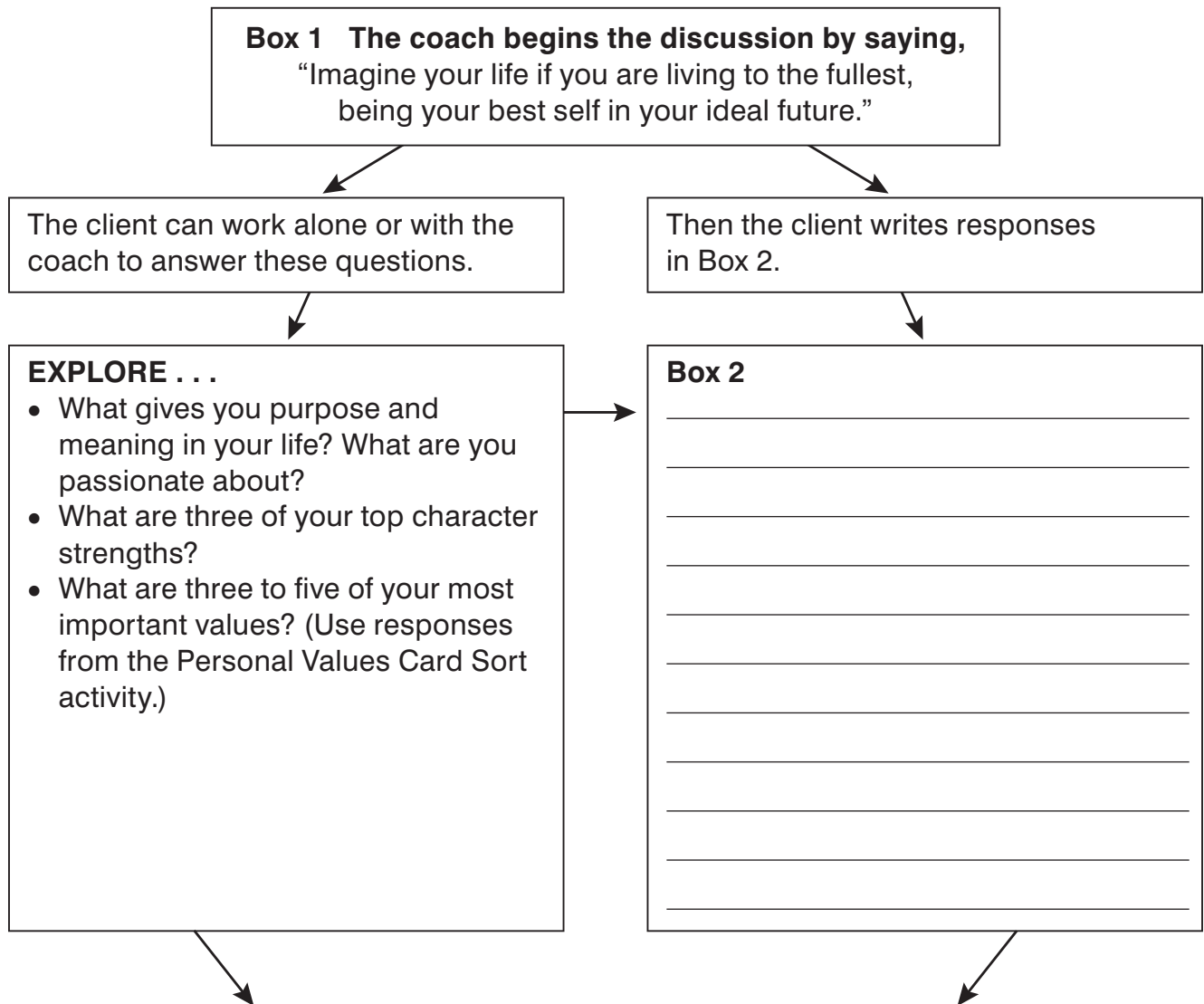


Designing a Personal Vision Statement

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.)



(continued)

