

Ten Thousand Choices

Guiding Vision

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"A vision is not just a picture of what could be; it is an appeal to our better selves, a call to become something more."

- Rosabeth Moss Kanter

Your Guiding Vision is the statement of what you want to achieve or the person you want to become. This is the beginning of your planning process, so at this point it's not about how or whether to quit your job, change careers, make more money, have more time, lose weight or how to fix any of the other problems of your reality right now. It's about focusing on big-picture possibilities and defining your ideal life. The first step for addressing both the short-term goals and the long-term dreams for your life is to create a guiding vision.

Complete the steps on the following pages to write a strong, clear vision statement.

Full instructions and examples are available immediately via Kindle purchase of the book *Ten Thousand Choices: Master Your Choices, Change Your Life*
[\(https://www.tenthousandchoices.com/the-book\)](https://www.tenthousandchoices.com/the-book)

Guiding Vision

Assignment 6

Step 1: Brainstorm

Your vision statement is the written description of your idealized view of your future. It is the best possible outcome that you can imagine for your life. Its purpose is to show you the path ahead and inspire and energize you to move forward. Write your answers to the following questions in the space provided.

Close your eyes and picture yourself in ten years. Visualize your life. How old are you? How do you look? Where are you? How do you feel? Who are you with? What are you doing? What types of things are surrounding you?

Now change that mental picture. With you at the same point in your future, imagine what your world looks like if everything were **absolutely** perfect. All of your dreams have become a reality. Now, where are you? How do you feel? What do you look like? Who are you with? What are you doing? What are you surrounded by? What are you most proud of at this point in your life?

What changed between your first mental image of your future, and the “perfect” one? What are the aspects of yourself that improved or changed? Write down the key ideas and phrases that best describe this future YOU.

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Step 2: Refine Your Vision

Now, turn this vision of your future self into a clear statement of your ideals, your priorities, your picture of a successful life. Use the space below to write a draft statement.

- Try to use just a few sentences
- Write in present tense
- Describe the ideal, not the steps to get there

Sentence Starters

- I am...
- I have...
- I am able to...
- I can...
- I no longer...
- I am proud to say that I am...
- I have made my parents/spouse/family proud by...
- I have earned my degree in...
- I have a satisfying relationship with...
- I am happy and content with my...
- I am respected in my community/organization/field for...
- I am a recognized expert in...

Examples

In ten years, I am actively making a difference the in world through my art and my work with children

I am healthy, productive and happy as I can be, while supporting and nurturing my family, friends and community

I am joyfully living a life that is active, creative, fun, surrounded by those I love and free from cancer

Do a final revision and write your vision statement on the following page.

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My Vision Statement

Check your statement against the criteria below and note how your statement meets (or does not meet) each. If your statement doesn't check all the boxes, go back and make adjustments.

- Inspirational: _____
- Ambitious: _____
- High-Level: _____
- Realistic: _____
- Clear: _____

Date: _____

Guiding Vision

Reflection

Note your reactions to this assignment.

Did you learn anything new about yourself while writing your vision statement? If so, what?

If you found it difficult to write a compelling vision statement, what are some other ways you might define and express your vision? Below, try drawing a diagram or picture, writing a short motto or finding a famous quote to give you a starting point.

Guiding Vision

Reflection

Put this assignment to use right away by thinking through the following questions.

Are there any choices you are currently making (or have made recently) that provide direct support for your vision? What are they?

Are there any choices you are currently making (or have made recently) that are taking you away from your vision? What are they?

Introduction to Ten Thousand Choices Planning

You can't go back and change the beginning, but you can start where you are and change the ending.

-C.S. Lewis

Whether it's your career, relationships, finances, or health; feeling stuck is frustrating and a major cause of anxiety. This goal-setting and planning method can be applied to anything -- advancing your career, improving your personal relationships, achieving better health, and being more productive. It provides a practical framework for making better choices in all parts of your life.

This is a planning process similar to the strategic planning techniques often used in business. The tools have been recrafted for easier use, with real-life examples to help you get started.

See the next page for a quick overview of the planning process. If you are already familiar with writing vision statements, goals and project plans, you might not need anything more than this free guide to get started on your plan. If you want instructions and examples, the book and workbook (<https://www.tenthousandchoices.com/the-book>) are valuable resources to get you on your way to achieving your goals!

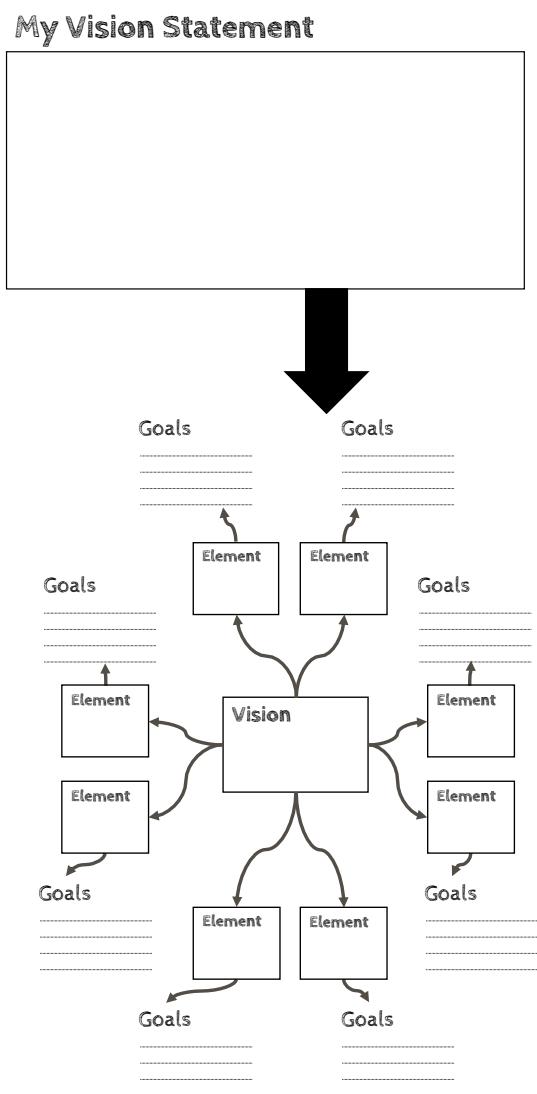
Planning Process Overview

Simple Planning Tools and Concise Instructions

The Ten Thousand Choices planning process includes the initial planning session to get your goals in order, and two review sessions throughout the year to keep you on track.

Start by writing your vision statement, then use that to guide the writing of your short-term and long-term goals. Each of these goals will be organized by the core elements that are most meaningful to you.

After refining your goals, determine the actual choices you will need to make on a day-to-day basis to achieve those goals. Create a project plan that will give discipline and structure to the choices you will make to meet your goals and achieve your vision.

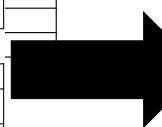


Planning Process Overview

A Proven Way to Hold Yourself Accountable

As you execute your plan, you will review your progress throughout the year. Set aside time to think about what you have achieved and what still needs to be accomplished. Decide if anything needs to change about the goals, or add/delete new goals if circumstances have changed.

Update your plan with any changes to your goals such as extending target dates, adding tasks, updating status, etc. Evaluate your performance on each goal and its related choices.



Priority	Core Element	Goal	Choices	Mid Year Review	Year End Review
A2	Family	To keep us strongly connected, the kids, my parents and I will spend at least 28 days together during this year	<ul style="list-style-type: none"> Spend two weeks with them during summer vacation Schedule three long weekends to visit them at home or meet in the middle Invite them to visit in the fall during soccer season Start a Sunday night video chat with whole family 	C	A+
A1	Family	Of the nfree time we have between school and bedtime each day, one hour of that should be focused 100% on the kids	<ul style="list-style-type: none"> Put away work and phone between 3pm and 6pm Start a weekly family game night Eat dinner together weeknights 	A	B+
B1	Family	Have initial estate planning conversation with parents by end of July	<ul style="list-style-type: none"> Plan out my talking points and set a date for conversation Buy them estate planning book Ask financial adviser for advice 	C	F

Next Steps

Where do you want to go from here?

My goal in writing Ten Thousand Choices is to help people achieve their goals through better life choices. If you would like to expand your understanding and/or help bring it to others, we have a number of options available. Contact me to learn more about any of our offerings.

Email: Rachel@MCTResources.com

Facebook Page: [@TenThousandChoices](#)

Website: www.tenthousandchoices.com

Personal Coaching and Career Planning

Making a plan is the starting point for you to take control of your future. Perhaps you have gone through the process and you are ready to go deeper into a particular area such as adapting your personal style to improve communications with others or building a long-term career plan. Or perhaps for you it works better to talk through the process with another human rather than go it alone. Or maybe you just need someone to listen to your concerns and give some feedback on your plan. Whatever your coaching need, we can find an arrangement that works for you. I also work closely with employers to provide executive and developmental coaching in organizations with a career-focused edition of the program.

Workshops and Speaking Engagements

Personal empowerment and success are always good topics for association meetings, conferences, social club events and webinars. This program delights groups whether in multi-day workshops, keynote addresses, or one-hour power sessions. All engagements are customized to the unique needs and interests of the group.

Train the Trainer

A coach training curriculum is available to eligible practitioners. Contact me to discuss certification and licensing options to conduct your own personal coaching and planning engagements.