

TAL Vision & Theme Creation Process

1. The Past: Review each month of the current year and write about these things:

1. The magic moments that stood out.
2. The highs and lows.
3. The things you're grateful for.
4. The pains you felt.
5. The lessons you learned.

2. The Present: Write about your current state

1. What direction you are going?
2. How does it feel to be here now?
3. What blew away your expectations?
4. What didn't meet your expectations?

3. The Future: Imagine yourself doing this same process again 12 months from now and then answer these questions:

1. What would make this year the best year ever so far?
2. What do I want to accomplish?
3. Who do I want to become?
4. What do I want to experience?
5. How do I want to contribute?
6. How do I want to be?

7. Who do I want to spend time with?
8. What do I want to leave behind?
9. What do I want to grow into?

4. Looking at it all, what do you want the upcoming year's theme to be?

1. Write several theme statement ideas and pick your favorite. Just one or possibly two sentences that describe the TOP MOST important thing you want your year to be about.
2. Now, what is the ONE word that embodies your theme statement?
3. Write your ONE word at the top of a word processor document - write your ONE statement below it. This is the top heading for your Vision document that you will keep at the front of your journal to read and visualize daily.

5. Finalize your Vision & Theme document

1. Chose the things that are most important from section 3 and create 3-4 short paragraphs that details your vision of what life will look like one year from now.
2. Try to fit your vision paragraphs in ONE page for simplicity. Too long makes it less likely to review daily which is the most important thing.
3. Add your daily affirmations behind this page.
4. **Voila!** You now have your vision and affirmations document complete. Now print it and place it right at the front of your journal binder to review and visualize daily.
5. Feel free to update your vision sheet throughout the year - doesn't need to be perfect or exact right now and your desires and visions can change if you want...it's YOUR LIFE!

Expanded Workbook for the TAL Vision & Theme Creation Process

I. **The Past: Review each month of the current year and write:**

January

The magic moments that stood out:

The highs:

The lows:

The things you're grateful for:

The pains you felt:

The lessons you learned:

February

The magic moments that stood out:

The highs:

The lows:

The things you're grateful for:

The pains you felt:

The lessons you learned:

March

The magic moments that stood out:

The highs:

The lows:

The things you're grateful for:

The pains you felt:

The lessons you learned:

April

The magic moments that stood out:

The highs:

The lows:

The things you're grateful for:

The pains you felt:

The lessons you learned:

May

The magic moments that stood out:

The highs:

The lows:

The things you're grateful for:

The pains you felt:

The lessons you learned:

June

The magic moments that stood out:

The highs:

The lows:

The things you're grateful for:

The pains you felt:

The lessons you learned:

July

The magic moments that stood out:

The highs:

The lows:

The things you're grateful for:

The pains you felt:

The lessons you learned:

August

The magic moments that stood out:

The highs:

The lows:

The things you're grateful for:

The pains you felt:

The lessons you learned:

September

The magic moments that stood out:

The highs:

The lows:

The things you're grateful for:

The pains you felt:

The lessons you learned:

October

The magic moments that stood out:

The highs:

The lows:

The things you're grateful for:

The pains you felt:

The lessons you learned:

November

The magic moments that stood out:

The highs:

The lows:

The things you're grateful for:

The pains you felt:

The lessons you learned:

December

The magic moments that stood out:

The highs:

The lows:

The things you're grateful for:

The pains you felt:

The lessons you learned:

2. The Present: Write about your current state

What direction you are going?

How does it feel to be here now?

What **blew away** your expectations?

What **did not meet** your expectations?

3. The Future Vision: Imagine yourself doing this same process again 12 months from now and then answer these questions:

What would make this year the best year ever so far?

What do I want to accomplish?

Who do I want to become?

What do I want to experience?

How do I want to contribute?

How do I want to be?

Who do I want to spend time with?

What do I want to leave behind?

What do I want to grow into?

5. **Finalize your Vision & Theme document**

1 - Review sections 3 and 4 and put a star or check by the things that are most important to you. Then create 3-4 short paragraphs that detail your vision of what life will look like one year from now.

Try to fit your vision paragraphs in ONE page for simplicity. Too long makes it less likely to review daily, which is the most important thing.

This section is ideal to write directly into a word processor for printing.

Place your ONE word Theme and your ONE Theme statement from section 4 at the top of the new document you create.

2 - Add your daily affirmations behind this page you create.

Voila! You now have your vision and affirmations document complete.

3 - Now print the entire thing and place it right at the front of your journal binder to review and visualize daily. (I like to print it double sided to save space in the journal)

Feel free to update your vision sheet throughout the year - doesn't need to be perfect or exact right now and your desires and visions can change if you want...

...it's YOUR LIFE!