

VISION QUEST

Awareness Exercise

Worksheet

Often times people don't think about what matters most in their life until they have had a brush with death, or someone close who is near death confides in them saying,

“Don't wait until it's too late to do what you dreamed.
I wish I would have...”

What makes us human is we can choose. The best way to know what you are choosing is to ask yourself key questions. You already have all the answers inside you. Let them speak to you.

If you are:

- Dissatisfied with your life
- At a dead end with your job
- Hate your job
- Know you are more than you are living

That is a clear sign it's time to take inventory of your life and ask yourself key questions about what matters most to you. It's time to know yourself. It's time to start taking steps in the direction your heart wants to take you.

Don't wait until it's too late and then regret what you failed to do when you could have done it. Worst of all, is finding out only too late that all along you had it in you to do great things that would have mattered to your family.

Don't deprive yourself and the world of what could have been. Or the greatness that was meant to be yours to begin with.

Please feel free to provide feedback on this awareness exercise. Was it helpful to you? Your input is valued.

DETAILS:

Vision Quest Worksheet

Estimated time:

Twenty-Thirty minutes.

Intended for:

- Anyone who wants to clarify where they want their life to go

Upon completing this exercise:

You will have:

- Have a vision for your life's journey
- Know how you want to be remembered
- Identified your talents and how you want to use them
- Possibly even know how you intend to make a difference in the world

Materials required:

1. Vision Quest Worksheet PDF
2. Printer.

Prerequisites:

Desire to do what truly matters most for your life's journey and a willingness to self-search for answers.

Vision Quest

1. If I had only one year to live, and I was in good health until the end, this is what I'd be doing with my life:

2. I want my epitaph to read:

3. This is how I want to be remembered:

4. If I can do this before I die, I will have no regrets and feel I contributed to my family, friends and humanity in ways that matter because I: _____

5. My greatest talent(s) is (are) as follows: _____

6. I am using my talents in the following ways to fulfill my destiny and to make a difference for the people in my life and for what matters most to me by: _____
