



## WORKSHEET 1

# Dream: A Powerful Vision

A vision allows us to think less about problem solving and more about dreaming or envisioning what ‘might be’. Use the Health and Well-being Monitor™ to identify areas of importance and readiness to change. What area of well-being is most important? How would you like it to be different in 1 year or even 5 years. What strengths or barriers need to be considered when deciding where to start (readiness)?

**Why. This your motivation.** It gets you started, carries you through tough times and keeps you going! Why is it important that you make this happen? What value, experiences, or positive affect will it add to your life, your relationships or even your community and/or the broader community? What is this ‘costing’ you by not moving forward?

1

**Get Clear. What is your Vision?** What area of wellbeing is most important to you right now? How would you like this area to be different in 1 year or 5 years from now? Write as if it is current reality.

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2

**Find your motivation. Why do you want that vision?** Why is it important that you make this happen? What value, experiences, or positive affect will it add to your life or the lives of others? What is this ‘costing’ you by not moving forward?

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3

**Navigate Challenges. Use your strengths. What stands in the way? What will help?** How is that area of wellbeing doing right now? Is it getting better, or is it unresolved? What challenges or worries are contributing or might get in the way? What current strengths or past success can you apply to this goal? What would you like to change or do differently, what new information, environments or skills might be needed? (Tip: think about time, money, people support as you identify challenges and strengths, in addition to your own personal super powers).

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