

# Life Vision Workbook

**Title:** *Designing Your Life with Clarity & Purpose*

**Format:** Downloadable PDF

## Introduction

Welcome to the *Life Vision Workbook* — a guided experience designed to help you pause, reflect, and reconnect with your purpose.

Whether you're at a crossroads, restarting after adversity, or simply ready for more, this workbook is here to help you gain clarity, create vision, and take intentional steps forward.

**"You weren't created to live by default—you were designed to live by purpose."**

— Alfred Esene, Founder of WMIH

## Section 1: My Story So Far

**Prompt:** What key moments, struggles, or successes have shaped who you are today?

**Exercise:**

- List 3 defining life events
- Note what each taught you
- Reflect: What patterns or messages repeat in your story?

## Section 2: What Truly Matters to Me? (*Core Values*)

**Prompt:** What values guide your decisions, priorities, and relationships?

**Exercise:**

- Circle 8–10 values from a provided list (e.g., faith, freedom, growth, family, creativity, justice)
- Narrow down to your **top 3 core values**
- Write a short note on what each value means to you in this season

## Section 3: Dream Mapping – Your Vision Canvas

**Prompt:** What would a fulfilling, purpose-driven life look like for you?

**Exercise:**

- Imagine your life 3–5 years from now. Describe:
  - Where are you living?
  - What are you doing professionally?
  - What’s your health, family, and spiritual life like?
- Use the “Vision Canvas” layout (space for words & images) to build a dream board

## Section 4: Identifying Roadblocks

**Prompt:** What internal or external things might be keeping you stuck?

**Exercise:**

- List the 3 biggest challenges or habits that hold you back
- Name any limiting beliefs (e.g., “I’m not good enough,” “It’s too late”)
- Write one truth to replace each belief (e.g., “I am equipped and growing”)

## Section 5: Writing Your Personal Purpose Statement

**Prompt:** What is the unique impact you want your life to have?

**Exercise:** Use this structure to write a purpose statement:

“I exist to (*what you do*) for (*who you serve*) so they can \_\_\_\_ (result).”

**Example:**

“I exist to inspire and equip young adults to live with vision and purpose so they can transform their lives and communities.”

## Section 6: Your Action Blueprint

**Prompt:** What small, clear steps can you take now toward your vision?

**Exercise:**

- Set 1 goal in each area:
  - Personal Growth
  - Faith & Wellness
  - Relationships
  - Career/Calling

- Use a weekly action tracker (checkbox-style) to stay consistent
- Reflect every week: *What did I do well? What needs adjusting?*

## **Closing Words**

### **Your life is not random—it's intentional.**

You are not too late, too broken, or too far gone. You are right on time for the transformation you desire.

As you work through this workbook, remember: purpose is not found—it's built. And you're building yours, one bold choice at a time.