

The 5 Areas of Vision Exercise

The exercise the follows is designed to help you clarify your goals and direction.

This exercise is not intended to create pressure, certainty, or a fixed life plan. Your answers may change over time, and that is okay. The purpose is simply to notice what matters to you and begin clarifying a meaningful direction.

Please note: this exercise is adopted from a number of authored goal setting books and is intended for personal reflection and goal clarification only. It is not a psychological assessment, diagnostic tool, or substitute for professional mental health, medical, financial, or legal advice. If reflecting on these questions brings up significant distress or concerns, consider discussing them with a qualified professional.

1. Add a Time Frame

For each goal, ask:

How long will this take?

Place each goal into one of these:

- Next **12 months**
- Next **2–3 years**
- Next **5+ years**
- Next **10 Years**

Try to spread your goals across these timeframes.

2. Balance Your List

Look at your list:

- Do you have too many short-term goals?
- Not enough long-term goals?

Add or remove goals so you have a good balance across all timeframes.

3. Choose Your Key Goals

Now ask yourself:

What is truly important right now (not just interesting or fun)?

Choose:

- **4 goals from each timeframe**

This gives you **16 goals in total**.

4. Make Each Goal Clear

Take each goal and expand it.

Instead of short phrases, write:

- What this actually looks like in real life
- What would be happening if this was achieved

Be specific and clear.

5. Write Your Reason

For each goal, answer:

Why do I want this?

- Why does it matter?
- What will it change?