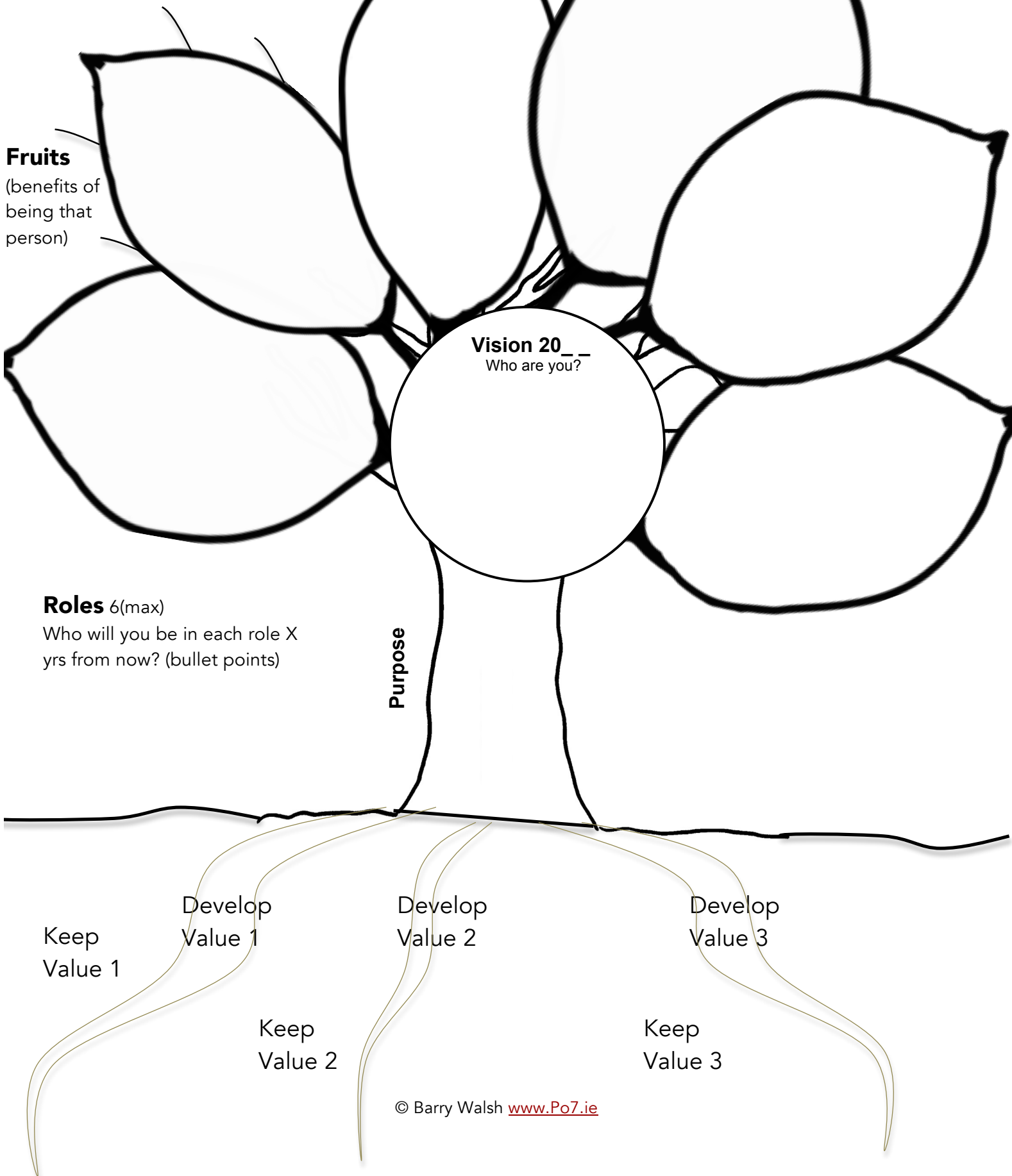


# 2017 ME TREE





## 5. DEVELOP A VISION

Numerous experts on leadership and personal development emphasise how vital it is for you to craft your own personal vision for your life. Warren Bennis, Stephen Covey, Peter Senge, and others point out that a powerful vision can help you succeed far beyond where you'd be without one. That vision can propel you and inspire those around you to reach their own dreams. I've learned in my own life that *if you don't identify Your vision, others will plan and direct Your life for you!*

### 'Beginning with the End'

This involves imagining yourself having a conversation at a stage in the future (maybe 10 years time) with a friend you haven't met for a long time. Tell them (in the present tense) all about who you are. Note the who not what - you are envisioning the type of person you are; your qualities/virtues, state of mind/health, interests, involvements, etc. You have the power to greatly influence who will be, what you will be will result from this.

Your vision should involve your purpose and reflect aspirations bigger and bolder for yourself than anything you've been so far.

### ME TREE

Values:

- Identify three values you believe you live by and want to keep.
- Identify three values you want to develop over the next year.

Purpose:

- Establishing your purpose is not easy. It usually involves a number of drafts and may take some time. Start your first draft by filling in the blanks below.
- To use my (the thing you are most passionate about) ..... and (greatest talent you have) .....to (impact/change something you feel really strongly about that needs to be improved or changed) ..... By/through (doing what?).....

It will seem clunky at first so work to refine it and put the best you have on the trunk of your ME TREE for now.

Vision:

- This is your statement of who you are in 10 years time. Written in the present tense it's a condensation of all your roles into one. Hence, it might be better to complete this after you've established your vision for each of your roles. This vision statement will tell you what you're about, what's/who's important to you, and who you are going to be as a person.

Roles:

- Bullet points describing who you will be in each of your roles. Based on that person you will be state what you will be doing when living that role, e.g. I go on a date with my partner once a week in my role as a loving husband/wife.

Fruits:

- On each leaf (role) state a few benefits of being this person, e.g. for the above 'loving husband/wife' a benefit could be that you have improved communication with her/him.



## 6. GOALS FOR YOUR ROLES

Now you can establish something to aim for in the shorter term for each of your roles. By reflecting on where you want to be in three years with regard to each of your roles (possibly career, health, family, relationships, finances, spirituality and service to others, etc.) Be visionary, creative, and optimistic. No part of your plan is written in stone, including your purpose and vision. My three year goal for my 'Parenting' role is to have influenced a child that is strong in good qualities - kind hearted, cherishes others, is confident, & light hearted.

There is one rule for goals that you should observe. A goal should never be stopping, getting rid of, or reducing something undesirable. Instead it should be starting or increasing something desirable. For example if you've been thinking about 'reducing weight' you can convert it into something along the lines of 'improving eating habits'.

My three year goals for each of my roles are ....

*Make your goals  
something you will  
and can achieve.*




Role	3 Year Goal
1.	
2.	
3.	
4.	
5.	
6.	



## 21 DAY ACTION PLAN

The commitment suggested here is that you will for the next three weeks sit down and decide on what actions you will take to make progress on all or some of your roles so that you are headed towards your one year goal. All the time keeping in mind your values, purpose and vision.

**My Commitment to Myself:** I will complete the above for the next three weeks. Each time I will review how I got on the previous week. I will become a learner  in the process of inspiring myself to do what I truly want to do

Signed \_\_\_\_\_

Date \_\_\_\_\_

You can begin by planning next weeks actions right now!

Role	Action Week 1	Action Week 2	Action Week 3
1.			
2.			
3.			
4.			
5.			
6.			

**Remember, progress in the right direction is SUCCESS**

Please continue to inspire yourself to be who you truly want to be

