



## 2015 Vision and Desire Worksheet

**STEP 1** Your basic needs: How much do you need per month to cover your basic expenses? \$ \_\_\_\_\_

**STEP 2** Your desires: What do you really want in your life, and how much do you need per month to cover that? \$ \_\_\_\_\_

Think about your desired home, car, meals, entertainment, and vacations. Include personal growth, self-care (massages, acupuncture, yoga, etc.), health (gym, personal trainer, etc.), special treats, and more.

*Ask yourself: If there were no limitations, no consequences, and no judgment from others, what would you really want in your life?*

**STEP 3** Your desired lifestyle money goal: How much monthly income would fully cover your desired lifestyle?  
\$ \_\_\_\_\_

**STEP 4** Your current money goal: \$ \_\_\_\_\_ per month

- Look at your desired lifestyle money goal (STEP 3, above). Does it feel doable? Scary and unrealistic? Or somewhere in between?
  - If it feels exciting and doable, go for it!
  - If it feels overwhelming or unrealistic, start with a smaller goal (one that's a stretch but feels doable).
- Remember, you have so many opportunities to partner with the Divine to create money.
- Start where you can succeed and create momentum! You'll quickly increase your money goals from there.
- Fill in your "starter money goal": \$ \_\_\_\_\_
- Add 20% for abundance! New goal (20% more): \$ \_\_\_\_\_. Fill in this number at the top of STEP 3.



**STEP 5**      **How many clients do you need? \_\_\_\_\_ per month**

Current money goal: \$ \_\_\_\_\_ / your program price = \_\_\_\_\_ clients  
per month

**BONUS Step (for inspiration, fun, and faster progress):** Now that you have a vision of your desired lifestyle, make it “real” by creating a vision board. Hang it where you can see it every day to remind you of your SACRED WHY and to create that desired experience *right now*. (This will actually accelerate your movement toward that vision.)