



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.)