

# VISION CLARITY WORKSHEET

This worksheet is your space to pause, reflect, and reconnect—with your values, your identity, and the future you're dreaming of.

There's no pressure to have all the answers. Let this be a gentle moment of clarity—one that reminds you who you are becoming, and where you want to go next.

## 1. Visualise your ideal day

Imagine a day in your life five years from now—one that feels aligned, peaceful, and full of meaning. Where are you? What are you doing? Who are you with? How are you spending your time and energy? How do you feel? Jot down any images, details, or words that come to you.

## 2. Clarify your core values

What values feel most important in this chapter of your life? You might like to choose 2-3 from below or write your own.

Calm - Growth - Vitality - Simplicity - Connection - Freedom - Self-expression - Creativity - Kindness

## 3. "I am a woman who...."

Let this be a reflection of the identity you're growing into - not perfectly, but intentionally.

Examples "...protects her peace." "...makes time for joy." "...trusts her instincts."

## 4. Reflect on what helps you feel most like yourself.

Think of moments when you felt calm, clear or truly at ease - these might offer clues about what matters. Some examples are provided below but make these moments your own.

Spending time alone in reflection - Deep conversation - Creating - Being in nature - Moving your body

## 5. Notice what's quietly calling you

Notice any nudges or longings you've been pushing aside - they might be pointing towards your vision for the future.

Space to rest - More joy - Meaningful work - Deeper connections - Freedom to say no

### BRING YOUR VISION TO LIFE

What's one vision for my future that feels exciting - even if it scares me a little?

Let this be a spark, not a plan. Don't worry about the "how" - just notice what lights you up inside.



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### WHAT'S NEXT?

*Your vision is within reach and it's time to take the next step.*

*Contact Jill for a FREE 30 minute Introductory Call to explore your vision more deeply and learn how to bring it to life.*

*Book Now! Contact Jill Weekes on 0406 726 533 or at [getwellwithjill@gmail.com](mailto:getwellwithjill@gmail.com) to schedule your free session today.*