

CREATE YOUR PERSONAL VISION

A short guide to imagining and defining the future you want to build

WHAT THIS IS

This exercise helps you step out of the noise of the present and look ahead with clarity and positive intent.

It draws on *Be More Strategic, Chapter 8: Be More Future Focused, Be a Visionary* — and is grounded in the idea that **every visionary begins by imagining what does not yet exist, then taking deliberate steps toward it.**

"If you cannot picture your future, you will always repeat your past."

This guide invites you to slow down, think deeply, and start creating a picture of the future that inspires you.

WHY IT MATTERS

Being future focused does not mean predicting the future. It means *shaping it*.

A clear vision gives direction and meaning to your decisions, energy, and attention. It helps you lead yourself and others with purpose, even when the path ahead is uncertain.



People and teams with a strong personal vision:

- Act with greater confidence and focus
- Make better long-term decisions
- Stay grounded when things change
- Inspire others through clarity and conviction

HOW TO USE THIS GUIDE

You can use this as a personal reflection or with a coach or mentor. Find a quiet space, take your time, and write your answers honestly.

STEP1: GROUND YOURSELF IN THE PRESENT

Before looking ahead, take a moment to understand where you are today. Ask yourself:

- What am I most proud of right now?
- What feels most meaningful in my work or life?
- What do I find draining? What is holding me back?
- What values guide me in the choices I make?

Write a few words that capture your present reality. Be honest. Be kind. Be compassionate.

STEP2: IMAGINE THE FUTURE YOU WANT

Now, imagine it is **five years from today**. You are thriving. Life and work feel aligned and fulfilling. (Choose a timeframe that suits you personally, possibly centred around a landmark event or significant milestone in the future).

Ask yourself:

- What does a great day look like in that future
- What kind of person am I becoming
- What kind of impact am I making
- How do others describe me and the difference I make
- What am I doing, feeling, and contributing



Let your imagination lead. Write freely. Sketch if that helps. Do not worry about how it will happen — focus on what you see and why it matters.

STEP3: DEFINE WHAT SUCCESS MEANS TO YOU

Think about how you define success, not how others do. Ask yourself:

- What would success look and feel like for me in this next chapter?
- How do I want to measure progress?
- What would tell me I am on the right path?

Capture this in a few sentences or a single phrase that feels true and motivating.

STEP4: BRING YOUR VISION INTO FOCUS

Read back over what you have written and highlight the words or themes that stand out. These are the anchors of your vision, your compass points.

Now, write your vision as a clear statement in the present tense.

“I am creating a life where...”

“My work is focused on...”

“I am recognised for...”

“I lead with...”

Keep it short enough to remember and strong enough to inspire you.

STEP5: TRANSLATE VISION INTO ACTION

Vision without movement stays imagination.

Ask:

- What small step could I take this week to move toward that future?
- What habits or beliefs might I need to release or strengthen?
- Who could support or challenge me to stay on track?

List two or three actions you will take – starting right now.



TAKING IT FURTHER

Creating a personal vision is a powerful first step, but it becomes transformative when you explore it in conversation and reflection over time.

Consider sharing your draft vision with a **trusted coach, mentor, or thinking partner**. They can help you deepen it, challenge assumptions, and turn your vision into a clear path forward.

If you would like support designing or leading a **visioning session** — individually or for your team — get in touch with Charlie for guidance and facilitation.

BONUS EXERCISE: BACKCASTING FROM THE FUTURE

You now have a clear vision of the future you want to create. But how do you get there?

One of the most effective tools for translating vision into action is **backcasting**.

Whereas traditional planning starts with *today* and looks forward, **backcasting** starts with your *future vision* and works backwards step by step to identify what must happen along the way.

How to do it:

1. Start at your future point

Picture yourself in that five-year future you've just described.

Ask: *What is true about this world that isn't true yet?*

Write down the key conditions or achievements that define that future.

2. Step back one stage at a time

Imagine you are rewinding the story:

- What needed to happen three years before that to make it possible?
- What decisions or foundations had to be in place?
- What had you learned or built by then?

3. Keep stepping back

Continue until you arrive at the present.

- What could you start doing in the next six months to begin the journey?
- What habits or relationships would you need to strengthen?
- What support or resources might you need?

4. Turn it into a roadmap

Create a simple list or timeline showing what needs to be true each year between now and your envisioned future.

Focus on two things:



- What you must *protect* (values, focus, purpose)
- What you must *create* (skills, partnerships, systems)

Tip: Backcasting works best when shared. Discuss your draft with a mentor or coach who can challenge your assumptions and help you refine it into a set of meaningful next steps.

WHY IT WORKS

Backcasting shifts your mindset from *wishful thinking* to *intentional strategy*.

It helps you connect imagination with discipline, turning an inspiring future into a set of deliberate choices starting now.

"You do not need to know every step to start. You only need to know what the next step must be to make your future more likely."

REMEMBER:

The future does not arrive fully formed. It is built through the choices you make today.

Start building the future you imagine: one decision, one action, one step at a time.

