



self partnered

THERAPIST

VISION LIST

The journey to self-actualization and partnership begins with a single step. Just as you'd meet your goal on a physical journey by mapping your steps, a vision list helps you map out the life you want most so it can become obtainable. This activity is your opportunity to start the process. Start by creating a quiet space for yourself, perhaps in your favorite chair with a coffee in hand. Let yourself brainstorm the answers to these questions in a journal or blank notebook.

Do not judge or limit your answers—just let them flow naturally.

What do your relationships feel and look like?

How does your day or week look and feel? What would you be doing with your day?

What do you do with your free time? What interests and hobbies are you trying?

How does your career look and feel?

What do your finances look and feel like in your future?

What does your connection with your community look and feel like?

What does spirituality look and feel like for you?