

2022 *Life Vision*

ACTION PLAN

Get clear on your vision, what you want, and the steps you need to take to make this your best year yet!

Organically Healed  Coaching with
Jennifer Smith

www.organicallyhealed.com



DATE:

Ultimate Life Vision

IF YOU COULD
HAVE THE
ULTIMATE LIFE
OF YOUR
DREAMS - WHAT
WOULD IT LOOK
LIKE?

If you lived this life every day for
the rest of your life, how would
this make you feel?

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5 top Values

WHAT DO YOU
VALUE THE
MOST?

List 5 things and write why they
are important to you

1. _____

2. _____

3. _____

4. _____

5. _____

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Your 2022 Vision

IF ANYTHING
WAS POSSIBLE
THIS YEAR -
WHAT WOULD
NEED TO HAPPEN
BETWEEN NOW
AND THE END OF
THE YEAR TO
HAVE THIS BE
THE GREATEST
YEAR OF YOUR
LIFE YET?

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top 5 Goals

WHAT 5 THINGS
WOULD CHANGE
YOUR LIFE FOR
THE BETTER
IF YOU
ACCOMPLISHED
THEM THIS
YEAR?

How would your life be different
by accomplishing these things?

1. _____

2. _____

3. _____

4. _____

5. _____

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10 Priorities

WHAT 10 PRIORITIES DO YOU NEED TO FOCUS ON CONSISTENTLY TO GET YOU WHERE YOU WANT TO BE BY THE END OF THE YEAR (OR SOONER)

What steps do you need to take for each priority to make it happen?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

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5 Non-Negotiables

WHAT ARE 5 THINGS THAT YOU WILL DO THIS YEAR NO MATTER WHAT?

Success doesn't come from what you do occasionally, it comes from what you do consistently.

This year, regardless of how I feel or what's going on in my life - I will show up each day and do these 5 things!

1. _____

2. _____

3. _____

4. _____

5. _____

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