



## Design Your Massive Vision!

Your step by step guide to bringing  
that huge vision for your life together!

### Welcome Love!

So you've likely heard of a vision board, are familiar with all this "manifesting the dreamy life" stuff and maybe you've even sat down to do a little big vision planning of your own. But sometimes, it just feels plain overwhelming. Where do I start, how is it all going to come together, how am I actually going to get from here to there? I have you covered, today we're going to lay it all out and get this big vision nailed down (and you into action!)

Simply put, big vision planning doesn't need to be one of those "terrified to even approach" things. It's exciting and once you dive in, it's awesome to see your dreams as tangible things. If you can see them in front of you, it makes it that much easier to hold yourself accountable to reaching for those stars and settling for absolutely nothing less than YOUR version of your most fulfilled and abundant life!

### So here's what we're going to do.

I've put together nine categories below, each one is an important aspect of the human experience. Often when we "big vision plan" we focus on only a few areas of our lives and leave out those aspects that really do lead to WHOLE life fulfillment. So today we're not going to do that. Today we're going to look at the whole darn picture and make sure you have goals and intentions set within each one!

### Sound good?

Perfect, let's do this thing!

— Lauren xo

## Directions

1. First choose a time frame in which you are creating this big vision for. Maybe it's a yearly vision you'd like to create or something more long term. If you're going for a long term vision plan, two to three years is a great time frame. It allows you time to put plans in place and stay motivated by the short term results.
2. Jot down your major values in your life, these are those non-negotiables that guide everything you desire to create. Starting with your values is an awesome way to ensure alignment and your truth consistently runs through your big vision.
3. Within each category create the major intentions and goals you have for your life (of course add more than four if you'd like) within that time frame. Rate on a scale of 1 to 10 where you are currently at in that area of your life. This self-evaluation helps you recognize areas that you'd most like to spend some extra time focusing on. Grab a journal for this part if you need extra space to write!
4. We're going to break those goals and intentions within each category down even further into a for real, monthly, PLAN OF ACTION!
5. From here you can further break things down into small weekly steps - aka: Your To Do List and start celebrating all those achievements on the way to your vision.

### 1. My Big Vision Timeframe

### 2. My Values in Life

### 3. My Big Vision Intention and Goal Planning

<b>Life Categories</b>	<b>Goal One</b>	<b>Goal Two</b>	<b>Goal Three</b>	<b>Goal Four</b>	<b>Notes</b>	<b>Current Score</b>
<b>Education and Intellectual Life</b>						
<b>Health, Wellness and Fitness</b>						
<b>Emotional Wellbeing</b>						
<b>Spirituality</b>						
<b>Joy and Fun</b>						
<b>Friendships, Romance And Social Life</b>						
<b>Family</b>						
<b>Career and Finances</b>						
<b>Hobby</b>						

## 4. Monthly Planner Plan of Action

Now, let's break this big vision down into an actual monthly plan. Some of your intentions and goals maybe ongoing but get specific about the changes you want to make each month. Seeing results and celebrating your progress along the way will help keep you motivated! If you're doing longer term vision planning simply use this chart each year to map out what you'd like to accomplish within the specific year. From here you have a workable monthly plan and can start taking all the little steps each week to achieve your monthly intentions and work your way towards that BIG vision!

<b>Month</b>	<b>Goal One</b>	<b>Goal Two</b>	<b>Goal Three</b>	<b>Notes</b>
<b>January</b>				
<b>February</b>				
<b>March</b>				
<b>April</b>				
<b>May</b>				
<b>June</b>				
<b>July</b>				
<b>August</b>				
<b>September</b>				
<b>October</b>				
<b>November</b>				
<b>December</b>				

## 4. Monthly Plan and Weekly To Do List

MONTH:

<b>Monthly Intentions and Goals:</b>
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WEEKLY TO DO LIST

Week One	Week Two	Week Three	Week Four

HOW I'LL BE CELEBRATING MY ACHIEVEMENTS THIS MONTH!

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Stay  
Connected!



FIND YOUR INNER GODDESS. BUILD YOUR PASSION.

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Strategic & Soulful Entrepreneur



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