

Work Vision

What is a Work Vision?

A Work Vision is a written description of what your Work is like when you are living your life vision fully (i.e., a full expression of your true self in work).

The Value of a Work Vision

Having a Work Vision inspires you and keeps you *motivated* throughout any changes you wish to make in your work. It inspires your work, because it is energizing to be the best version of yourself in your work.

It also saves you from going down a lot of blind alleys, because you have a clear picture of what you want and what it feels like to have it. As you make decisions along the way, you check to see if they are aligned with your vision of what you want.

Finally, getting clear on your vision invokes synchronicities to work on your behalf to support you in creating what you want in your work life.

How To Do It

Here's where you get to imagine about what you really want your Work to be, your own unique creation, not what someone else thinks it should be.

- What will really excite you and make you come alive in your work?
- What will motivate you to jump out of bed in the morning?
- What work best expresses the whole of who you are, and the talents and gifts you are here to give?
- What work will really fulfill and satisfy you?
- What work will be fun?

There may not be an obvious existing job description for what you want to be doing. Please just write about the kinds of things you are doing (activities), who you are working with and serving, what the impact of your work is, and who you are being at work ("I'm the one who..."). Don't worry if it all doesn't 'connect' together yet.

At this moment, don't worry too much about what's realistic or practical. Write what you really want, if you could have 100%. The coaching relationship will provide an ongoing structure to deal with reality issues. Even if what you write isn't going to be realistically

possible for now, it will provide us with important clues about what are the essential non-negotiables for you and your work.

For now, imagine....., and have fun with it! Let it be free-flowing. Go for speed, not accuracy, as you are writing.

Describe your Work when you are living your vision of work, fully. Be sure to write your work vision in the present tense and first person (“I am....”). Describe as much sensory detail as possible. What are you seeing, feeling, hearing, touching?

I’ve included a Work Vision Template with some question prompts to help you get started.

This is really an emergent process, rather than a planning or strategic one, at least for the first version. Begin writing and let the details emerge about your work.

Let this be a work in process. We’ll continue to refine it during coaching.

	Work Vision Template At this stage, you probably will not have the answers to all of these questions. Just do the best you can; we will define the vision further in our coaching. Please use these questions only as prompts to get you into thinking about your future work. You don't have to stick to this structure; please write whatever feels right to you about your future work vision.
Spirit	<ul style="list-style-type: none"> • What am I being "called to" in work? • What do I know about my future work vision? • What does my intuition tell me about what is right for me? • What needs to be in my work for me to feel inspired and passionate about my work?
Identity	<ul style="list-style-type: none"> • Who am I being when I do this work? • What aspects of myself will get expression through this work?
Values	<ul style="list-style-type: none"> • What is important to me about doing this work? • How does this work honor my key values? • What has to be in my life for me to feel fulfilled?
Beliefs	<ul style="list-style-type: none"> • What do I believe about doing this work?
Skills & Capabilities	<ul style="list-style-type: none"> • What skills and capabilities am I using in this work? • What innate talents are being expressed?
Strategies & Actions	<ul style="list-style-type: none"> • What key activities am I doing in this work? • What is my ideal workday? (Write about this in present tense)
Environment	<ul style="list-style-type: none"> • Where am I doing this work? • With whom? • What do I know about my work lifestyle?
Questions	<ul style="list-style-type: none"> • What remaining questions do I have about my future work vision?

My Work Vision

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Review Your Work Vision

Now, read your Work Vision and feel how exciting it is for you.

Does it inspire you to want to create it and live it?

Where are you holding back? (Remember, don't let Reality intrude too much at this point. There is plenty of time for that later.)

Check to be sure that your Work Vision is in alignment with your Values. Your Work Vision should allow you to give expression to all of your Key Values.

Is your Work Vision in alignment with your Life Vision? If no, where are the possible conflicts? (We'll work on those in coaching if you don't feel that you can reconcile them right now.)

Write any additions to your Work Vision to enhance it and make it more exciting and compelling.

Now write about who you are being as you live this work vision. Write quickly and honestly, beginning with: "I am the one who....." Just let it flow.