Vision Worksheet

Client Name:

Date:

**Step 1: Brainstorm**

Ask yourself/discuss with your team the following questions.

What does an ideal world look like to you and your brand?

| Where everyone has their body, mind, and spirit in alignment so that they have the tools and capacity to help those around them instead of hurt them. |
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What is one wrong you would like to see righted?

| People not taking the time to understand each other and have compassion. Instead of fighting the larger fight of Good vs. Evil, we fight over stupid things. We should make friends with people with differences. |
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What is one idea you wish everyone understood?

| If we take the time to care for ourselves, our cups are filled with love instead of anxiety. |
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**Step 2: Define Your Vision**

# Our Vision:

We want to see a world where we choose to take care of ourselves so that we can give our best selves to the world.

**We want to see a world where stress, anxiety and contention towards ourselves and others are replaced with love and compassion.**