

Clarify Your Purpose, Vision & Goals

Different people define these terms in different ways, but here's how I think of them.

- **Purpose:** what you are ultimately trying to accomplish in the world.
- **Vision:** the way in which you plan to get there.
- **Goals:** the specific steps you need to take to realize your vision.

PURPOSE

Without a clear purpose, it's easy to get distracted by nonessential tasks or goals; you get pulled into whatever is going on, or what other people are asking of you, rather than doing what you need to do to realize your vision and achieve your goals.

Example:

My purpose is to help people recover their health so they can live their dreams. This came directly out of my own experience healing from a complex, chronic illness.

Describe your purpose below:

VISION

In order to turn your purpose into action, it needs to take more specific form: a vision. Your purpose usually stays fairly constant, but your vision may evolve over time.

What is your current vision for how you plan to accomplish your purpose?

GOALS

Your goals should always support your vision, and your vision should always support your purpose. Use your goals to prioritize tasks based on whether they will get you closer to your goals.

What are your top three goals?
