# DEVELOPING YOUR PERSONAL VISION

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# Why should you define your personal vision?

- A vision here means a picture of what and where you want to be in life. You might think of this as identifying what success looks like for you in work, in your personal life, or perhaps in sport and hobbies.

- This vision is a vital step on the way to identifying your personal development needs, and then taking action to address them.

# "Why hasn't my life turned out the way I planned?"

▶ You might at some point in your life ask yourself this question or hear people who seem otherwise very successful say it.

▶ So what could be the problem?

▶ It could be that **they had only a vague plan for their lives and were then unsatisfied.** Having never created a real personal vision, they didn't know what they really wanted.

▶ **You're more likely to get what you want if you know what that is.**

# What is success?

- **It may be obvious, but it is worth pointing out that success looks different for all of us.**

- Each of us has different ambitions and things that we want to achieve and to get out of life. For this reason, it is unhelpful to compare your achievements to others, or to consider others as '*unsuccessful*' because they have not achieved what you want to achieve. However high others may reach in life or careers, you also have no way of judging whether they consider their own lives a success.

# Different areas of success

▶ As well as success being personal, there are many different ways in which it could be defined and measured: fame, fortune, recognition, personal integrity, family, discovering something new to the world, or even just doing your job to the best of your ability.

▶ **It is important to be clear about what 'success' would look like to you.**

# Identify what your success looks like

▶ As the first step to developing your vision, it may be worth writing down how success will look. Define as many aspects of it as possible for you.

▶ Useful distinctions include:

- Formal or informal study and learning

- Career or professional life

- Personal life and relationships

- Hobbies or sport

# Inspiration and influence

▶ In thinking about success, it may be helpful to think about people who have influenced you, and also people whom you find inspiring.

▶ These may be people you personally know, people in the public eye, or historical or even fictional characters.

▶ **It is important to be aware of *why* you perceive success in particular ways, or want to achieve particular things.**

▶ **you want to be aware if your ambitions have perhaps been driven by trying to please others. This is not necessarily a bad thing, but it is important to be aware of it.**

# Understanding yourself

▶ You might want to visit a psychiatrist to help you understand yourself more.

▶ There are some psychometric tests that can take by yourself, such as the Big Five personality test which assesses

 ▶ conscientiousness (efficient/organized vs. extravagant/careless)

 ▶ agreeableness (friendly/compassionate vs. critical/rational)

 ▶ neuroticism (sensitive/nervous vs. resilient/confident)

 ▶ openness to experience (inventive/curious vs. consistent/cautious)

 ▶ extraversion (outgoing/energetic vs. solitary/reserved)

# Assess your strengths and weaknesses

▶ Your strengths are a good indicator of what you will excel at so list them down. These might be things that come naturally to you or things that you have perfected over the years.

▶ Many of us have a blind spot when it comes to evaluating ourselves so you might want to ask a trusted friend or a mentor for their input.

▶ However, just because you are good at something doesn't mean you necessarily want to turn it into a career.

▶ List your weaknesses down as well because they will show you what you may need to improve.

# Setting personal goals

- It's easier to succeed when you have clearly defined objectives that are based in reality.

- It's helpful to partition your broad personal goals in to smaller (short term and long term) goals that are SMART:

  - **Specific** Target a specific area for improvement

  - **Measurable** Have an indicator of progress for your measurable goals

  - **Achievable** Specify who will do it and how it can be done

  - **Realistic** Can be achieved given your available resources

  - **Time-bound** Specify time frame for the results to be achieved