



Envision Your Path Forward by Creating Your Personal Vision Statement

A 15-day Self-Directed Smorgasbord Challenge

January 9 to 25, 2023

Do you have a vision for your life?

Do you have a hard time making decisions about your career, life, and family?

Are you ready to take steps toward your goals?

What is a vision statement?

A vision statement is a contract with yourself that describes your values, your strengths, and defines your dreams. It is intended to orient you toward your life and/or professional long-term goals. Many experts believe that creating a vision statement can help propel and inspire you to make informed decisions to succeed past what you would have achieved without one. January is a great month to create a personal vision statement. Let's begin to chart the direction you want your life to go towards in 2023 and beyond!

Program Requirements:

1. Find a quiet space and set aside time to create your 2023 vision statement by reflecting on the questions provided.
2. Write your vision statement by January 13, 2023.
3. Create goals and activities based on your vision statement. For 10 days (1/16-1/25) track what goal/activity you completed. The activities can be different each day.
4. To earn a prize, first write your vision statement. Then for 10 days create activities/goals that are in alignment with your statement. Track what you did and enter it on the attached log form. Return your completed log and prize forms to Mary Harrington at mharrington@mma.org or mail to "MIIA, 3 Center Plaza, Suite 610, Boston, MA 02108 by February 13, 2023 to be eligible for prizes (only MIIA/BCBS members are eligible for prizes). No registration is necessary.

Your Personal Vision Statement



Below are some questions you can reflect on to help you get started in writing your vision statement:

Things I enjoy doing every day: Ex. Being in nature, photography	
What brings me joy? Ex. Art, nature, exercising	
Two best experiences in the past month: Ex. being with family and going to new museums	
Three things I would do if I won the lottery: Ex. be a photographer, be in nature, travel	
Causes I care deeply about: Ex. Animals, exercise	
Important personal values: Ex. Appreciating beauty, movement	
Things I have been told I am good at doing: Ex. Photography, exercising	
What I would like to do less of: Ex. Eating un-healthy when bored	

Your Personal Vision Statement



TIPS when writing your vision statement:

- Reflect on the questions from the table above and create a vision statement that highlights the areas that are most important to you for the upcoming year.
- The statement should be written in the present tense.
- It could include intellectual, social, spiritual, physical, environmental, and/or occupational areas in your life.
- Write in the first person.
- Make the statements as if it's already happening.
- Some experts recommend keeping your vision statements 50 words or less, but more importantly be as concise and direct as possible.

Write your vision statement based on what you discovered in the above exercise.

Example: For 2023, I am conscious about being more present with my close social and family unit; I enjoy exploring the world through photography and art; I listen to my body when moving; I eat mindfully with intent; I unwind in nature.

Personal Vision Statement:

Tips to Stay on Track and Create Goals After Creating Your Vision Statement

- Post your statement near where you make decisions such as on the refrigerator door, next to your bed, post in your office space, or post it in your car.
- Review your statement regularly.
- Create goals to work towards your vision. Check out the SMART acronym [here](#) for help on creating your goals. Or try [this](#) resource for a SMART template.
- Accomplish your goals!

Your Personal Vision Statement Log Form



Name: _____ Employer: _____

Please complete the following log and prize forms in full. Write your personal vision statement in the first block. Starting the week of January 16, log what goal/activity you completed based on your vision statement. Do this for 10 days and return this form to Mary Harrington at mharrington@mma.org or mail to Mary Harrington, MIIA, 3 Center Plaza, Suite 610, Boston, MA 02108 by February 13, 2023. All log forms must be unique in the case where a spouse or dependent is also participating.

Date	Activity Completed	How did you feel after Completion?	Completed?
<i>Example 1/16/23</i>	<i>Morning photography</i>	<i>more calm</i>	<i>Y</i>

“ Surround yourself with people who talk about visions and ideas, not other people.”

Author unknown

Your Personal Vision Statement Prize Form



Please complete the following prize form in full and return with your log form. Please mail or email to Mary Harrington at MIIA, 3 Center Plaza, Suite 610, Boston, MA 02108 or mharrington@mma.org by February 13, 2023. Only MIIA/BCBS subscribers can earn prizes.

Name _____ Employer _____

MIIA/BCBS subscriber: Yes No

Email _____ Phone _____

Mailing address _____

Prize choice. Choose 1st and 2nd choices. If you don't specify, we will choose your prize. [Click](#) to view below prizes. Can also view at emiia.org. Click on Well Aware, then click on Incentives. Only MIIA/BCBS members eligible for prizes.

___ Chill Watch - White, Black, Red, Cyan

___ Sinus soother

___ Bamboo cutting board

___ Camper 34oz Stainless Steel vacuum container

___ Bike repair kit

___ Shaker bottle

___ Fleece Blanket (navy)

___ Nature Sound Spa

___ Gardener's Kit

___ Freezable Lunch tote

___ Outdoor headlamp

___ Glass Leakproof Storage Container

___ Collapsible cooler

___ Pet Lovers travel kit

___ Under Armour 24 oz. Dominate water bottle

___ Yoga mat

___ Rivage Weekender tote

___ Kitchen shears

___ Pickleball Set



Your vision will become clear only when you can look into your own heart. Who looks outside, dreams; who looks inside, awakes.”

Carl Jung