

The Action Plan for Your Life: Finding Your Potential

SESSION 3

Where Do I Want to Go? — Creating Your Vision for Success

Welcome to Session 3 of your personal development journey. Over the next 90 minutes, you'll move from understanding who you are and what opportunities exist — to defining exactly where you want to go. This is where vision becomes action.



Session Objectives

By the end of today's 90-minute session, you will have taken meaningful steps toward designing your future with intention and clarity. Here's what we'll accomplish together:



Define Success

Articulate what success means to *you* — not to anyone else.



Understand Psychology

Learn the science behind what drives lasting goal achievement.



Build Your Vision

Develop a compelling, personal vision for your future self.



Identify Goals & Habits

Pinpoint the key goals and daily habits that will get you there.



Create Your Blueprint

Leave with a personalized Future Success Blueprint in hand.

Crossroads Reflection

OPENING DISCUSSION

What opportunity are you most interested in exploring right now?

Take a moment to think honestly about the opportunities you identified in Session 2. Now choose one that genuinely excites you. Use these questions to guide your reflection and share with the group:

→ **Why does it interest you?**

What draws you to this opportunity — is it curiosity, passion, or potential?

→ **How does it connect to your strengths?**

Does it leverage what you're already good at, or challenge you to grow?

→ **What excites you about it?**

Imagine pursuing it fully — what does that feel like?



Looking Back Before Moving Forward

Every great journey has a starting point. Before we define where you're going, let's quickly anchor where you've already been in this program. Each session has built on the last — and today we bring it all together.



Session 1

Who Am I? Exploring identity, strengths, and self-awareness.



Session 2

What Opportunities Fit Me? Matching your strengths to real possibilities.



Session 3 — Today

Where Do I Want to Go? Creating a vision and action plan for your future.

 You've done the inner work. Now it's time to build the map.



What Does Success Mean to You?

GROUP DISCUSSION

When you hear the word *success*— what immediately comes to mind?

There is no single correct answer. Success looks different for every person in this room. Some think of money, titles, or recognition. Others think of freedom, family, or peace of mind. This discussion is about uncovering *your* definition — not society's version, not your family's version, not your peers' version.

- 📝 **Facilitator:** Capture responses on a whiteboard or flip chart. Look for patterns — external vs. internal themes will naturally emerge. Use this to transition into the next slide.

External Success vs. Internal Success

Most people chase external markers of success — but research consistently shows that internal fulfillment drives long-term satisfaction. Understanding the difference is a critical step in designing a life you actually want to live.

External Success

- Job title and career status
- Income and financial wealth
- Recognition and public praise
- Material possessions
- Degrees and credentials

Internal Success

- Fulfillment and daily meaning
- Peace of mind and mental clarity
- Living with purpose and intention
- Personal growth and learning
- Positive, nurturing relationships

Discussion: Which type of success matters more to you — and why?
Can you have both?

Motivation & Values: The Psychology Behind Your Goals

BUSINESS PSYCHOLOGY FOCUS

People are far more likely to pursue — and achieve — goals that are rooted in their personal values.

Values are your internal compass. When your goals align with what you truly care about, motivation becomes natural. When they don't, even small obstacles feel overwhelming. Ask yourself honestly: **What matters most to me?**

Family

Freedom

Stability

Service

Achievement

Learning

Financial Security

Which of these resonate most deeply with you? Keep them in mind as we move into the next activity.

Values Clarification Activity

INDIVIDUAL ACTIVITY — 10 MINUTES

Identify Your Top 5 Values

From the full list of values provided on your worksheet, circle or highlight the ones that resonate most — then narrow it down to your top 5. These are the values that feel most true to who you are and what you want your life to be about. There are no right or wrong answers.

- ✔ Once you've selected your Top 5, pair up with a partner and discuss: **How should your values influence the major decisions you make about your future?** Think about career choices, relationships, habits, and how you spend your time.

Your values aren't just preferences — they are the foundation of every goal you set in today's workshop.

The Psychology of Goal Achievement

Goals aren't just wishful thinking — they are one of the most scientifically validated tools for human performance. Research in psychology consistently shows that people who set clear, meaningful goals outperform those who don't. Here's why goals work:



Create Direction

Goals give your energy a specific destination. Without direction, effort is scattered and unfocused.



Increase Focus

A clear goal filters out distractions and helps you prioritize what actually moves you forward.



Improve Performance

People with specific goals consistently perform at higher levels than those without them.



Encourage Persistence

Goals remind you of your "why" during difficult moments, keeping you moving when challenges arise.

Why Goals Fail — And What to Do Instead

Most people don't fail because they lack ambition. They fail because of avoidable, predictable reasons. Recognizing your personal pattern is the first step to breaking it.

Goals Are Unclear

"I want to do better" isn't a goal — it's a wish. Vague goals produce vague results.

Goals Belong to Someone Else

Pursuing goals set by parents, employers, or peers — not yourself — kills intrinsic motivation.

Lack of Planning

A goal without a plan is just a dream. Action steps bridge the gap between intention and reality.

Lack of Accountability

Without someone checking in, it's easy to let goals quietly fade when life gets busy.

Lack of Consistency

Sporadic effort produces sporadic results. Small, consistent actions beat occasional big pushes every time.

🔍 Discussion: Which of these challenges affects you most — and what could you do differently starting today?

Motivation vs. Discipline

MOTIVATION

A Temporary Feeling

Motivation is powerful — but it's inconsistent. It spikes when an idea feels new and exciting, then fades when reality sets in. Waiting to "feel motivated" before taking action is one of the most common traps people fall into. Feelings come and go. You can't build a future on feelings alone.

Consistent Behavior

Discipline means showing up even when you don't feel like it. The most successful people in any field don't rely on inspiration — they create systems, routines, and habits that produce results regardless of their emotional state. Discipline is what turns goals into outcomes.

Successful people don't wait to feel ready. They build habits that make action automatic.



Habits Create Results

What separates people who achieve big things from those who stay stuck isn't talent or luck — it's what they do consistently, every single day. Your daily habits are quietly building your future, whether you're intentional about them or not.

Daily Habits

Small repeated actions

Consistent Actions

Routine applied over time

Big Outcomes

Visible long-term results

Every major achievement is simply the result of small actions repeated over time. The question isn't whether you want big outcomes — it's whether you're willing to build the habits that create them.



Discussion: Think about someone you admire. What daily habits do you think contributed most to their success?

Accountability & Support: You Don't Have to Do This Alone

No one achieves anything significant entirely on their own. Your support network is one of your most important assets.

Research consistently shows that people who have accountability partners are significantly more likely to reach their goals. Your support system doesn't have to be perfect — it just has to be real. Take a moment to think about the people in your life:

Who Encourages You?

Who believes in you, lifts you up, and reminds you of your potential when you doubt yourself?

Who Challenges You?

Who pushes you to grow, asks the hard questions, and refuses to let you settle for less?

Who Keeps You Accountable?

Who will check in with you, notice if you've gone quiet, and hold you to your commitments?

Future Self Exercise

VISUALIZATION ACTIVITY — 10 MINUTES

Close your eyes. Take a deep breath. It is **July 2027**. Three years have passed. You did the work. Now imagine the life you've built. Write your answers with as much detail and confidence as possible — describe your future as if it has already happened:

1

Where are you working?

What is your role, your environment, your daily experience?

2

How much are you earning?

What does financial stability or freedom look like for you?

3

What have you accomplished?

What milestones, certifications, or achievements can you now claim?

4

What relationships have improved?

Who is closer to you? How have you shown up differently for the people you love?

5

What are you most proud of?

If your future self could tell your current self one thing — what would it be?

Future Self Reflection

DEBRIEF DISCUSSION

Now that you've written your Future Self narrative, let's process what came up. These reflection questions help you understand what your vision is telling you — and where you feel the most energy, hope, or resistance. Share with the group or a partner:

What stands out most?

Which part of your future vision felt most vivid, real, or important to you?

What excites you?

Where did you feel a spark of genuine energy or optimism while writing?

What feels challenging?

Where did doubt, fear, or uncertainty creep in — and what might that be telling you?

 **Facilitator:** Normalize the mix of excitement and apprehension. Big visions are supposed to feel a little uncomfortable — that's how you know they're real.

Vision Blueprint Workshop — Part 1

SECTION 1 OF 4

My Future Vision

The first section of your Future Success Blueprint is your vision statement — a clear, personal picture of the life you're working toward. This is not a corporate mission statement. It's a heartfelt description of what you want your life to look, feel, and be like. Write freely and boldly.

"My ideal future includes..."

Think about every dimension of your life: career, finances, relationships, health, learning, and personal fulfillment. Don't edit yourself — write the version of your future that would make you genuinely proud. This becomes the "north star" you'll return to whenever you feel lost or off track.

✔ Tip: Write in the present tense as if it has already happened. "I am..." is more powerful than "I want to be..."

Vision Blueprint Workshop — Part 2

SECTION 2 OF 4

My Top 3 Goals

Now it's time to get specific. From everything in your vision, identify the **three most important goals** you want to achieve over the next 1–3 years. Great goals are specific, personal, and connected to your values. For each goal, note *what* you want to achieve and *why* it matters to you.

1

Goal #1

Write your first and most important goal. What does achieving it look like?
By when?

2

Goal #2

Write your second goal. How does it complement or build on Goal #1?

3

Goal #3

Write your third goal. What area of your life does it improve most?

Vision Blueprint Workshop — Part 3

SECTION 3 OF 4

The Habits I Need to Build

Goals are achieved through habits — not through occasional bursts of effort. In this section, identify the daily or weekly behaviors that will actually move you toward your goals. Think small and sustainable, not dramatic and overwhelming. Consistent small actions compound into extraordinary results.



Time Management

Scheduling priorities, protecting your most productive hours, and saying no to distractions.



Consistent Learning

Reading, courses, podcasts, and mentorship that build the skills your goals require.



Financial Discipline

Budgeting, saving consistently, and making intentional spending decisions.



Networking

Building genuine relationships with people who can open doors and offer perspective.



Physical Wellness

Taking care of your body so you have the energy and focus to pursue your goals every day.

Vision Blueprint Workshop — Part 4

SECTION 4 OF 4

Barriers I Must Overcome

Every path forward has obstacles. The goal isn't to avoid barriers — it's to anticipate them so they don't derail you when they show up. For each barrier you identify, write a specific plan: **"When this barrier appears, I will..."**

Fear

Fear of failure, judgment, or the unknown. Acknowledge it — then act anyway.

Procrastination

Delaying action until the "right moment." Start before you feel ready.

Limited Resources

Time, money, or access. Identify what you *do* have and start there.

Lack of Support

Feeling alone in your journey. Actively seek community, mentors, and partners.

Self-Doubt

The voice that says you're not enough. Counter it with your values, vision, and evidence of past growth.

Wrap-Up & Homework

SESSION 3 CLOSE

Key Takeaways from Today

✓ Success Is Personal

Define it on your terms — not society's.

✓ Goals + Values = Power

Goals work when they're rooted in what you truly care about.

✓ Habits Beat Motivation

Build systems, not just intentions.

✓ Your Future Starts Now

Every choice today is a vote for the life you want tomorrow.

Your Homework Before Session 4

Take **one concrete action** toward one of your goals before we meet again. Examples: research a program, update your resume, contact a mentor, create a budget, or explore a business idea.

👍 **Deliverable:** Bring your completed **Future Success Blueprint** to Session 4 — ready to share, refine, and build upon.