Aileron®

Personal Vision

Name: _____

“A vision is a dream with a plan.”

Clay Mathile
Aileron Founder

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Wheel of Satisfaction

The Wheel of Satisfaction is a tool that helps you reflect on various parts of your life and uncover where you're experiencing balance and imbalance. Its eight segments are listed below, along with the key areas of life within each segment that might prime your thinking.

Career/ Profession	Family/ Parenting	Personal Development	Spiritual Awareness	Fun and Enjoyment	Intimate Social Relationship	Health/Aging	Personal Finance
Leadership	Spouse/ Partnership	Friendships	Life Purpose	Creativity	Trust	Exercise	Income
Achievement	Children/ Relationship	Energy for Life	Belief System	Outlets for Stress	Boundaries	Positive Thinking	Expenses
Personal Performance	Parenting/ Discipline	Self-Approval	Integration of Spirituality with Life	Spontaneity	Communication	Physical/Mental Vigor	Financial Planning
Vision	Communication	Balance	Inner Spiritual Guide	Laughter	Mutual Support	Social Relationships	Value Wealth Beyond Money
Fulfillment	Responsibilities	Communication	Community	Culture	Friendship	Support System	Legacy/Estate
Self-Expression	Boundaries	Overcoming Barriers	Practice/Ritual	Humor	Sexuality	Activities	Organization
Organization	Managing Time	Creativity	Self-Realization	Movies/Plays	Honesty	Self-Care	Investments
Excellence	Home Atmosphere	Personal Achievement	Thinking Beyond Self	Hobbies/Sports	Intimacy	Nutrition	Budgeting

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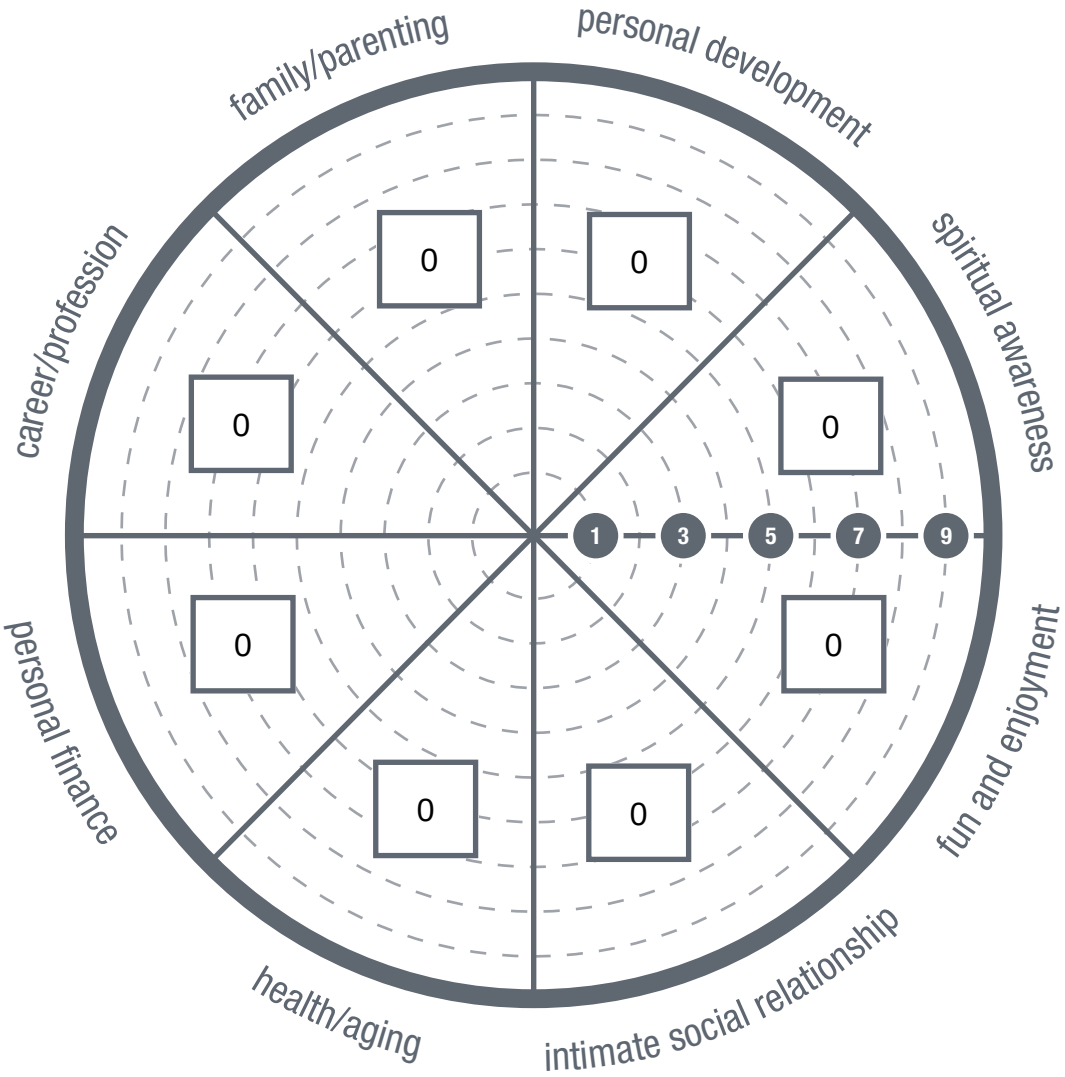
Wheel of Satisfaction

Use the Wheel of Satisfaction to rate your current satisfaction level, where 0 is completely unsatisfied and 10 is completely satisfied. Designate your satisfaction level by coloring in the corresponding ring in that part of the chart. As you consider your answer, focus on satisfaction, not performance, competency, or achievement.



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Wheel of Satisfaction

What would be true in your life if you were fully satisfied in one or more areas of this wheel?

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Vision Statement Drafts

Without filtering or word-smithing, write some short vision statements that represent what you see for yourself in the future.

Keep in mind that great vision statements are generally short (2-4 sentences), clear, vivid, concise, and begin with the word “to.”

Vision Statement Drafts:

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Vision Statement

Which of these vision statements most clearly articulates the most important aspects of the next 3-5 years of your life?

Vision Statement:

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Now that you have your clear and compelling vision, it's time to resource that dream with a plan. Use the space below to craft a plan with tangible actions that will propel you toward your goal.

- Write your vision statement.

- By when will you achieve this outcome?

- What might get in the way?

- How will you overcome any of those obstacles?

- What resources will you need?

- What will you do in the next 30 days to move toward your vision?
  - 1.
  - 2.
  - 3.
  - 4.

Schedule time on your calendar to review your progress and identify what actions to take the following 30 days to move closer to reaching your vision.

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Additional Tools

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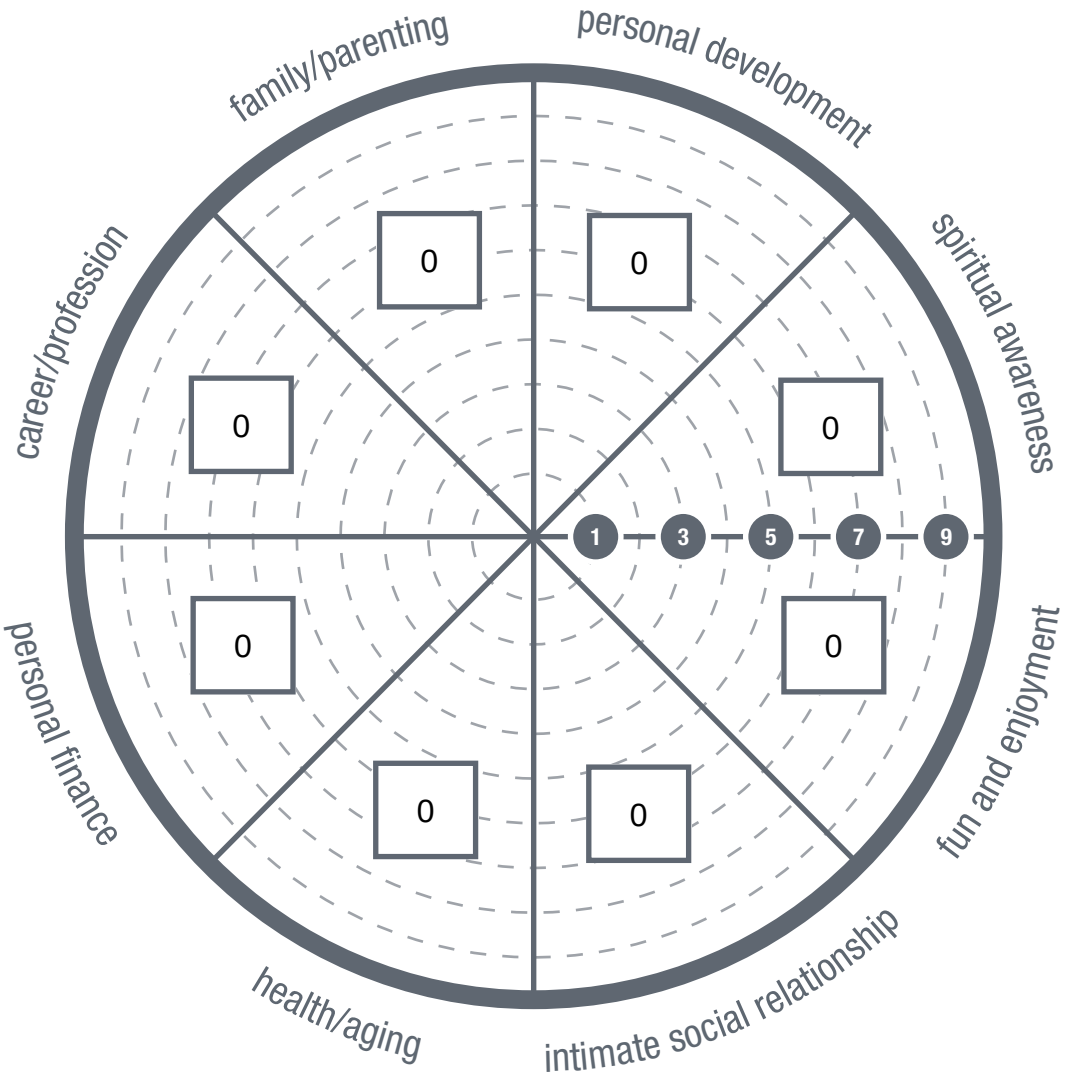
Wheel of Satisfaction



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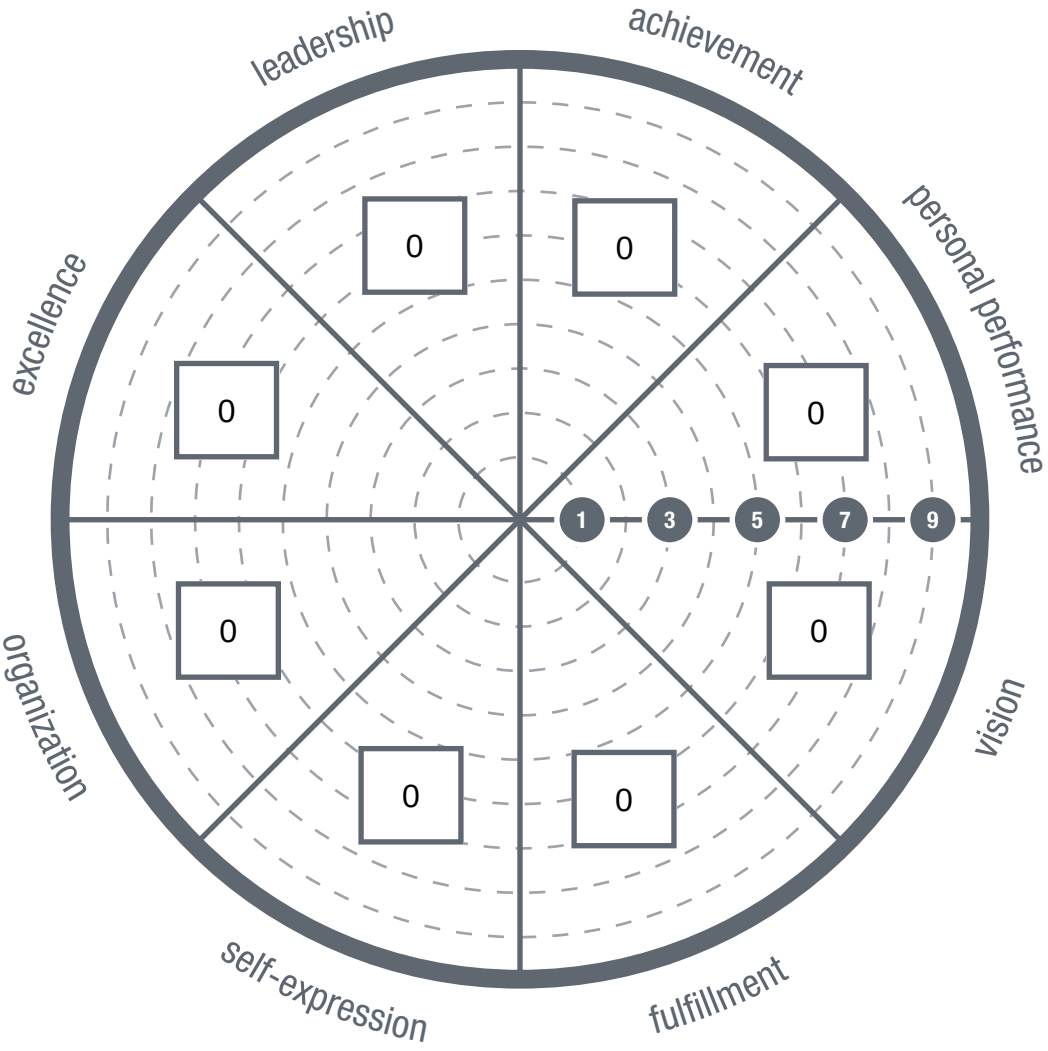
Wheel of Satisfaction – Career/Profession



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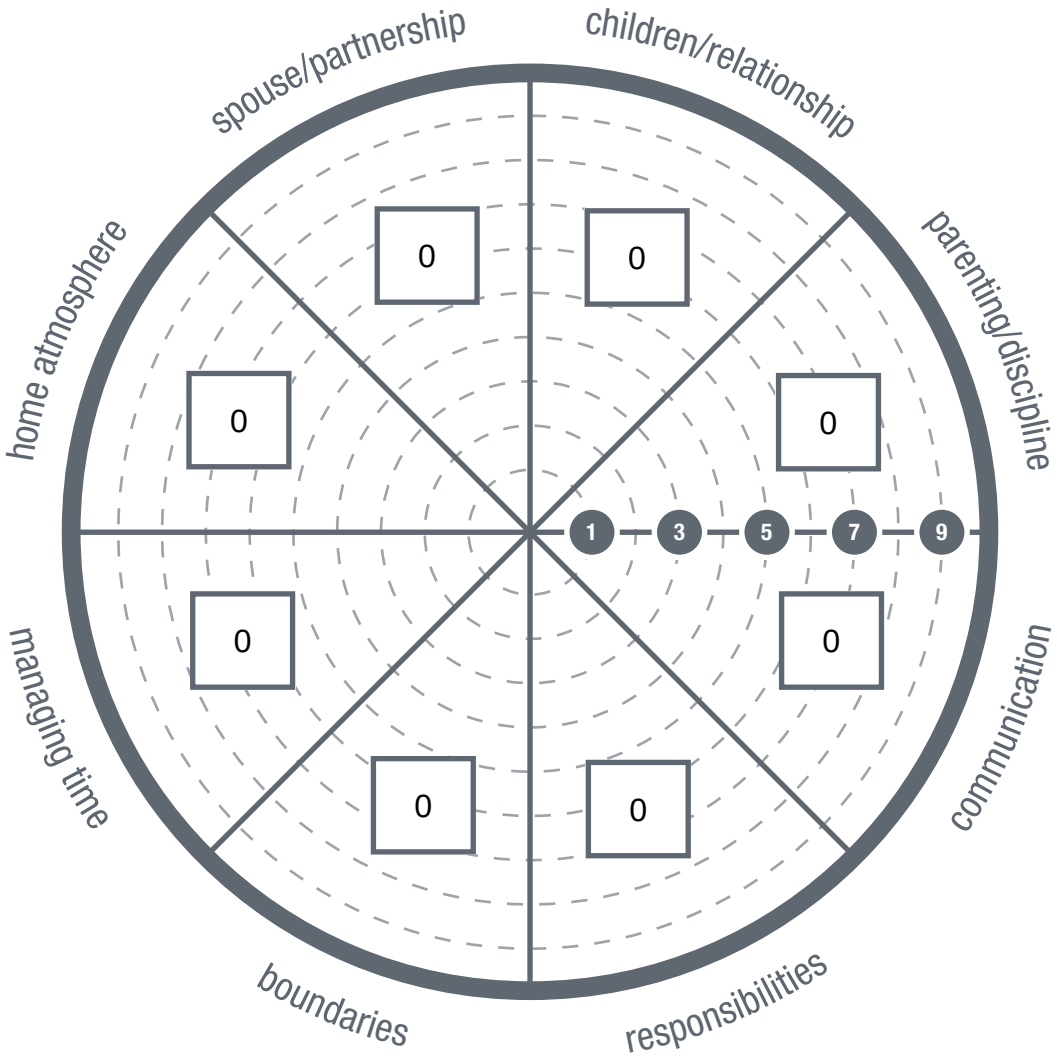
Wheel of Satisfaction – Family/Parenting



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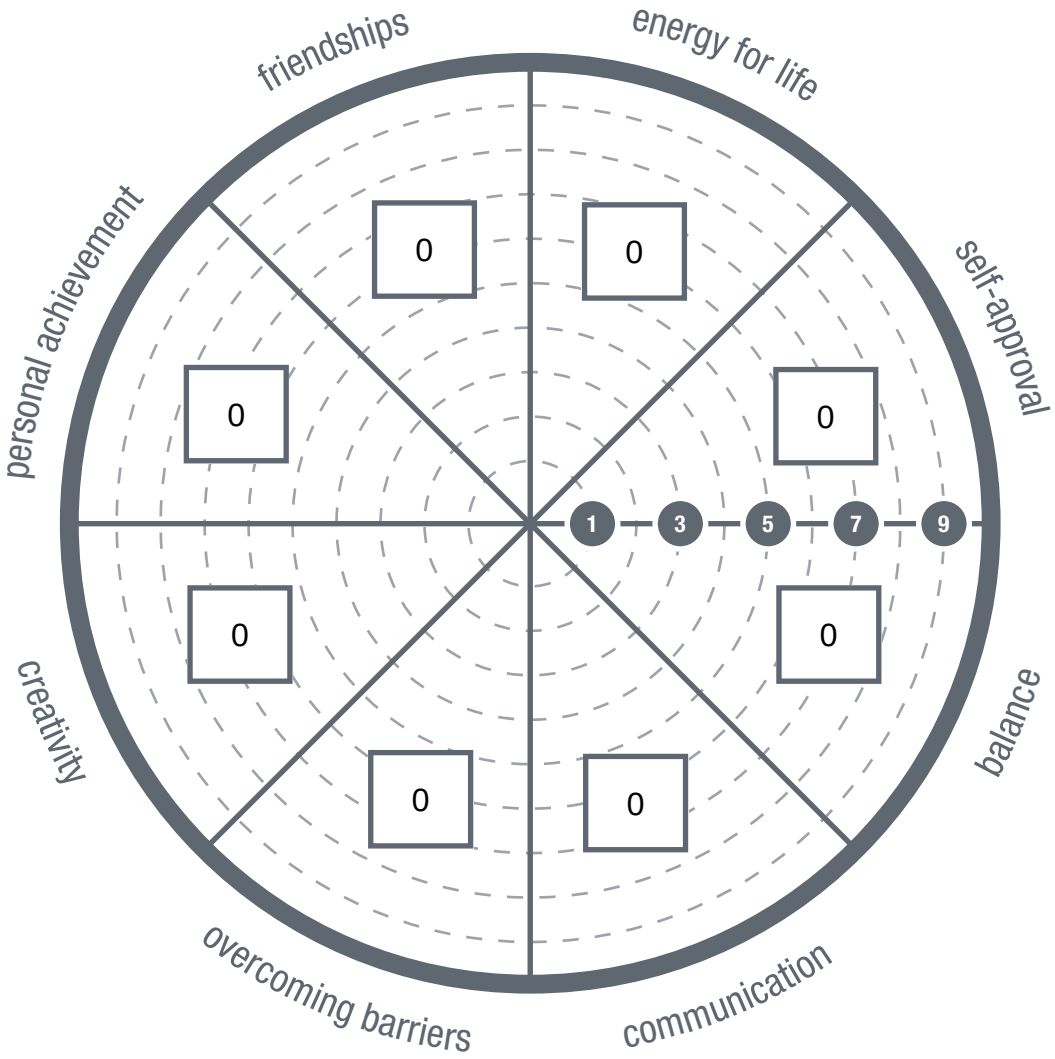
Wheel of Satisfaction – Personal Development



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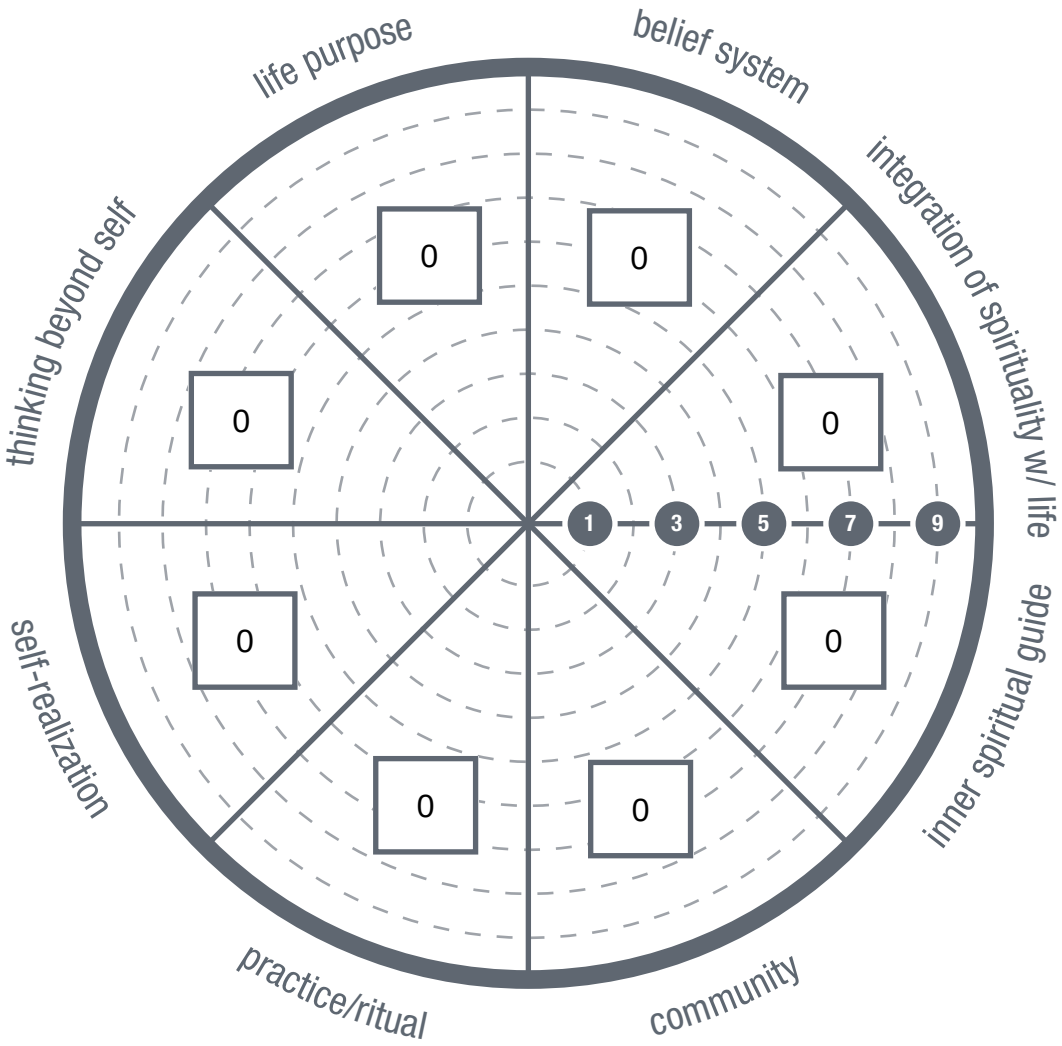
Wheel of Satisfaction – Spiritual Awareness



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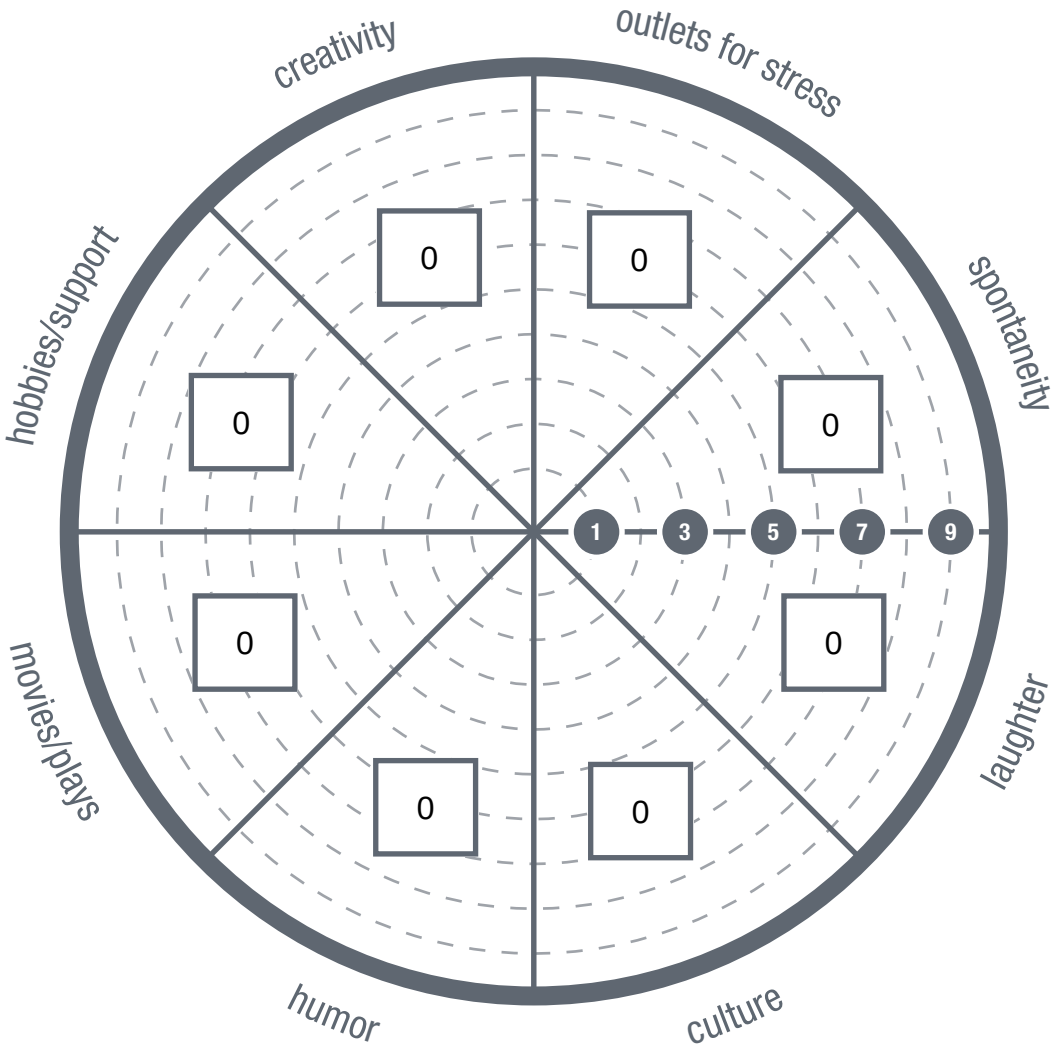
Wheel of Satisfaction – Fun and Enjoyment



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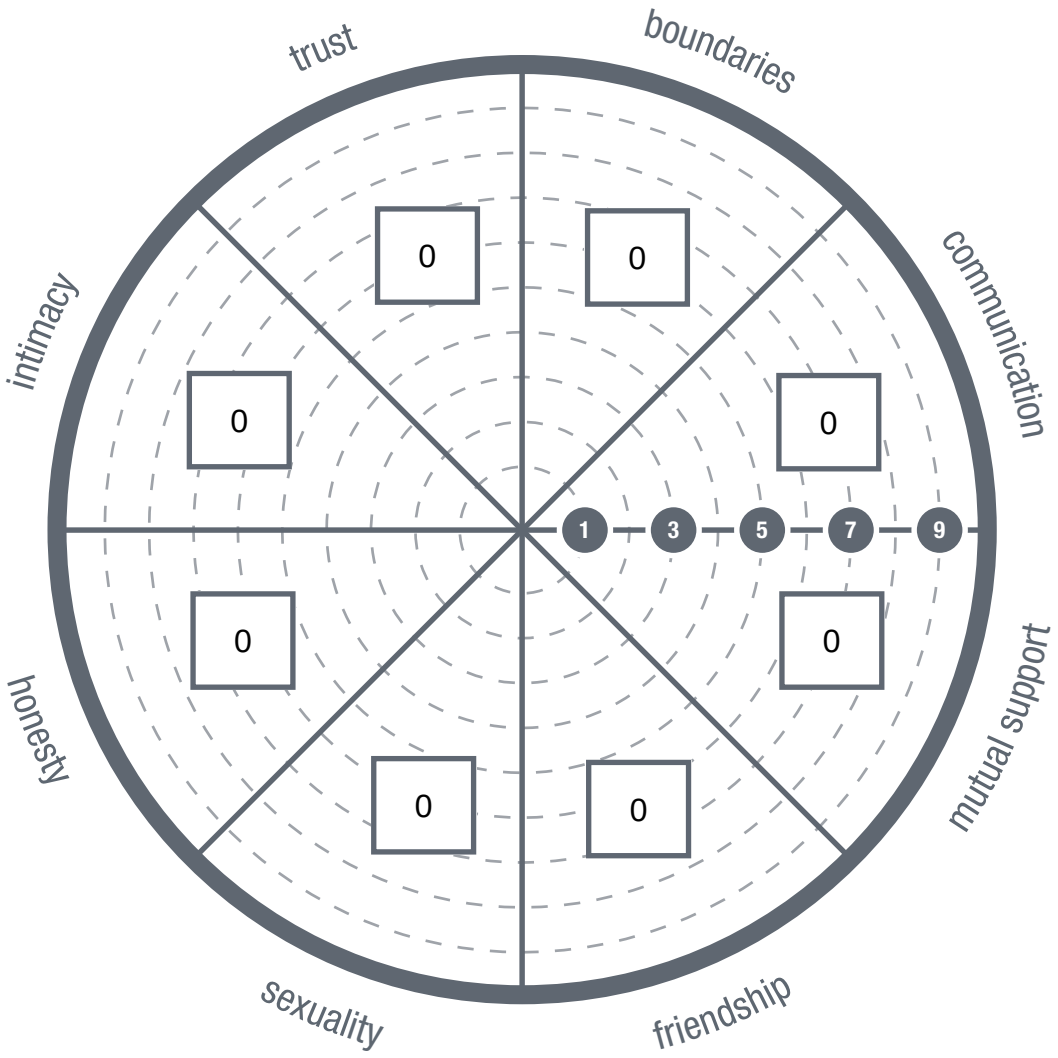
Wheel of Satisfaction – Relationships



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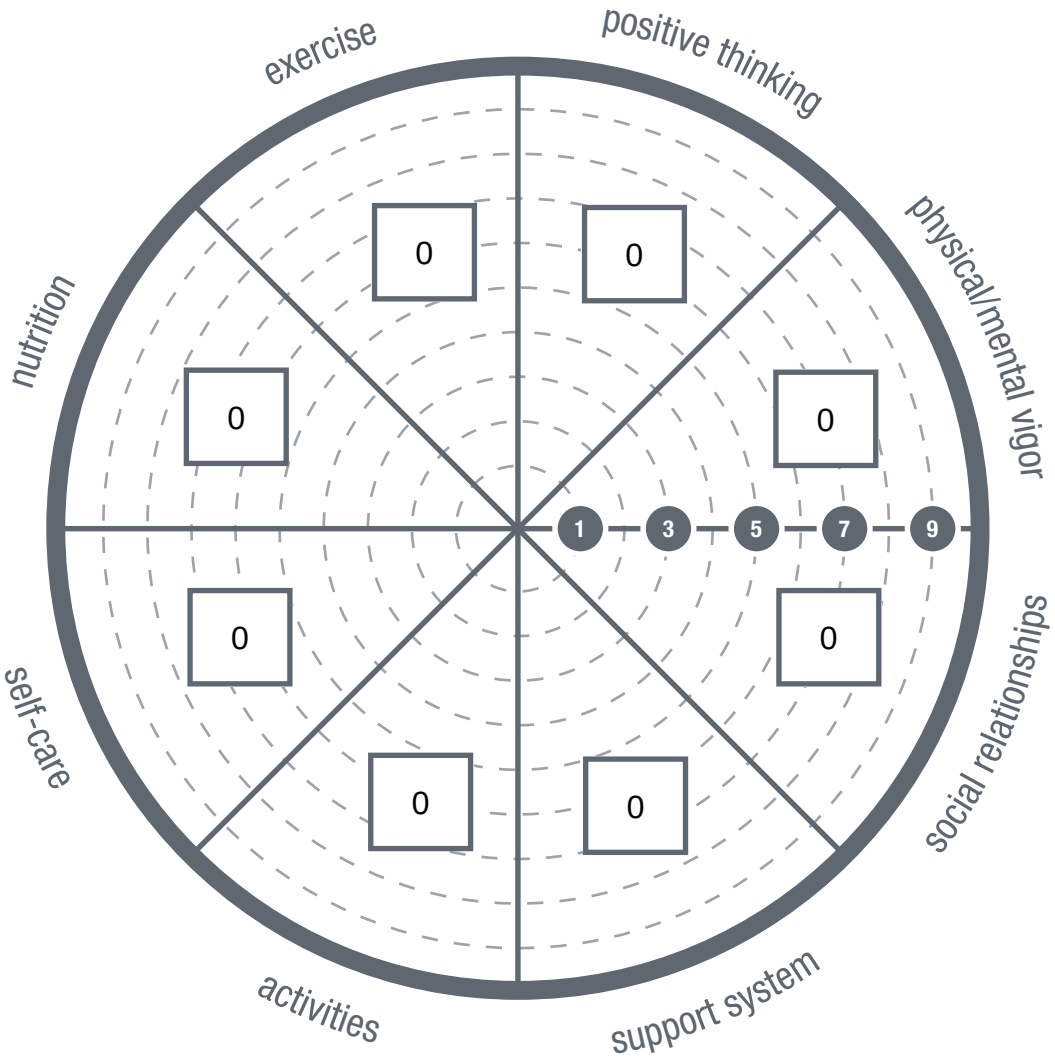
Wheel of Satisfaction – Health/Aging



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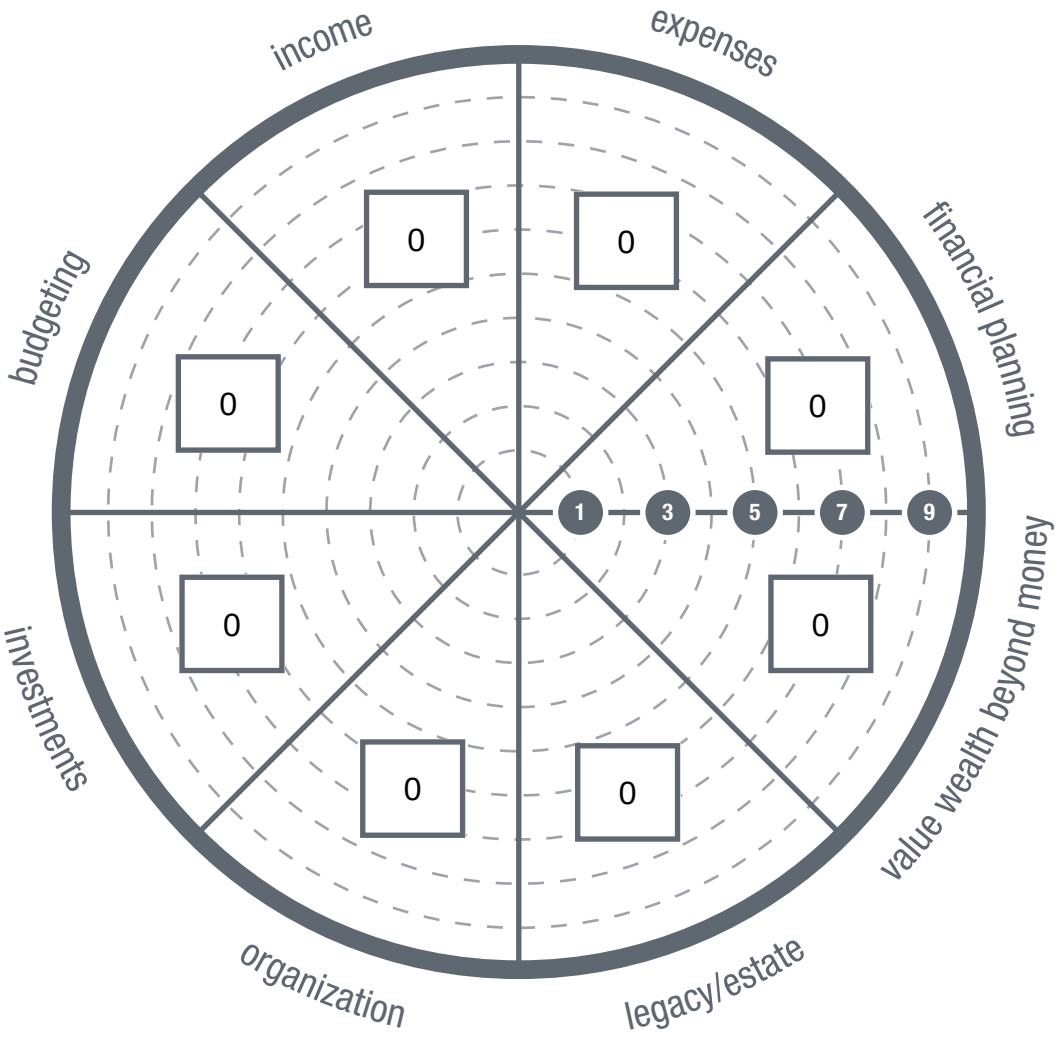
Wheel of Satisfaction – Personal Finance



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Personal Vision Notes

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