

Worksheet for Action Planning Dimensions of Your Life
Family/Love

My Family/Love Vision Statement Here (example)
I relish each moment with my loved ones and make sure that there is abundant time together. I joyfully make sure that my family feels my love and attention.



An Image that Triggers my energy—select from your vision board or some other source

My Theme Song Title:

This song brings me energy, joy, and kindles positive feelings about family and love relationships.

Example: Count on Me (Bruno Mars) We Are Family (Sister Sledge), Child of Mine (Carole King)

From the previous work you have gathered, describe the stand-out insights that you want to consider in creating your desired Family and Love future.

What are the first, essential actions necessary to achieve your envisioned Family and Love future.

Identify what, if any, support you will need to implement your Love and Family vision.

List the on-going steps required to fulfill and sustain your Love and Family vision.

What other life areas support or influence success of your desired Love and Family future?

What needs to happen in those areas to create a positive synergy?