

Example: I Want to Do Letter

(during this month, quarter, year)

Name: Jamie Jones (32 years old)

Dates: January 1, 2023 – March 30, 2023

1 – Family: I will talk with my mother and father once a week by actively listening and supporting them as best I can. I will talk to my sisters and brothers at least twice a month to catch up and offer support and encouragement as needed.

2 – Relationships: I will nurture and be present in my relationship with Sam to create intimacy, trust, and fun. I will plan with Sam our March beach vacation to include fun in the sun. I will lighten up and add humor each time I am with friends to bring lightness and fun during this cold and gloomy wintertime.

3 – Work, School, Caring for Others, etc.: I will contact five potential customers to increase business for our company. I will research and practice skills to improve my door opening and closing skills. I will continue to work closely with my customers to meet or exceed their needs.

4 – Health, Fitness, Diet, and Self-Care: I will do physical exercise 4 times per week for a minimum of 30 minutes each time to keep in shape and have more energy. I will drink 10 or more glasses of water each day to keep hydrated. I will eat healthy food and keep my between meal snacks to 2 times per day. I will take time to pray, meditate, nap, read, journal, or paint at least three times per week for self-care.

5 – Community Involvement: I will continue to volunteer at the local food shelf twice a month. I will get together with neighbors at our monthly get-togethers.

6 – Spirituality and Religion: I will attend worship services at church (spiritual community) and be an active member in the community.

7 – Recreation: I will continue to attend activities with the ski club and co-lead a summer golfing weekend trip to the north shore.

8 – Creativity: I will not make any plans for Sunday evenings as best I can and set that time for doing creative work, as I like to write, draw, and journal.

9 – Money and Finance: I will continue to save 8% of my pay to my 401-K account and invest for growth as I have 30 years before I retire. I will pay for my credit cards in full each month.

My One-Year Vision: I am connected with my family, friends, co-workers, neighbors, church and ski club community. My relationship with Sam is growing in intimacy, travel, romance, community, and being together. Work is going well, and I feel good about what I am contributing and the people I am working with. I continue to be amazed at my life, God’s love and blessings, the people I love and care about, and hope for the world.

My Five-Year Vision: Sam and I have been married for three years, getting to know each other better day by day, and enjoy being parents. We welcomed _____ (daughter/son) into the world a year ago, got through the first year, and amazed at all the blessings _____ teaches us day by day. We see our parents, family, and friends often. Work is going well, and we have both advanced on our companies. We bought a house that we love. We are active in our church and new neighborhood community. We have a budget, saving for retirement and started a college fund. We love to travel and spend time in nature.

My Twenty-Year Vision: Sam and my love and respect for each other has grown so much. We welcomed _____ and _____ into our family, now five of us. Life is busy, yet exciting and amazing. My grandfather died from a heart attack a few months ago. We honored him at his memorial/celebration of life service and are grieving our loss. Our oldest, _____, a junior in high school, is looking at schools to attend. Our younger children are involved in school, church, sports, and have good friends. We gather as a family during the holidays and birthdays. Sam and I enjoy our work and our co-workers, some who are close friends. We are active in the church and neighborhood community. Our retirement and college fund savings are growing. We are all in good health and love to travel. I am learning how to better accept and grow from the challenges in our lives.