

Create Your Own Vision Statement

A vision statement is both true and aspirational. It's a vision of the person you are and the person you are becoming. It's an empowering message that inspires you to live as your truest self.

Some examples—

David Leonard, Age 20 Student/Musician/Diagnosed with Cornelia De Lange Syndrome

I am powerful and capable.

My life is full of adventure and friends.

I'm nonverbal but I have much to say.

I've discovered a fullness to life not found in possessions, but in people, connection and living in the moment.

Slow down and take time with me and I'll teach you what true joy looks like.

I'll show you how to love with abandon.

Sophie, Age 7 Student/Artist/Diagnosed with Cerebral Palsy

I am strong and determined.

My life is full of family, fun activities and learning new things.

I cannot speak or move as quickly as some, but I am full of brilliant ideas, insight and humor.

I've discovered my superpower--I am worthy and loved exactly as I am.

Slow down and take time with me and I will teach you what it looks like to live with freedom.

I will show you how to live with purpose and meaning.

Lisa, Age 48 Mother/Author/Jewelry Designer

I am powerful and kind.

My life is full of my favorite people and sacred moments.

I cannot control other people or the world around me, but I can feel my feelings, believe God holds all things and let each day unfold.

I've discovered a fullness to life not found in keeping the status quo, but in letting go of fear and embracing peace.

Slow down and take time with me and I will teach you how to have compassion for yourself and hold space for others.

I will show you how to live with your whole heart.

Write your Own Vision Statement

Breaking it down by sentence—

I am {think of two empowering adjectives that describe you}.

My life is full of {share the people/activities that fill your heart}.

I'm {think of an area of struggle or disability} **but** {here is how I overcome or manage this struggle}.

I've discovered {write a sentence about how your life experiences have shaped you and given you a unique perspective}.

Slow down and take time with me and I'll teach you {share a piece of life wisdom here}.

I'll show you {encompassing piece of life wisdom}.

I am _____.

My life is full of _____.

I'm _____ but _____

_____.

I've discovered _____

_____.

Slow down and take time with me and I'll teach you _____

_____.

I'll show you _____.

Remember—you were made to be uniquely you. You are loved and worthy exactly as you are. You can't do anything or be anything to be more loved. The world needs you to be YOU.

LisaLeonard.com