

HOLISTIC AVENUE



The Vision Clarity

CHECKLIST

DO YOU HAVE A CLEAR PICTURE OF YOUR FUTURE SELF?
OR JUST VAGUE GOALS AND GOOD INTENTIONS?

20 QUESTIONS TO REVEAL YOUR VISION CLARITY

The Truth About Goals

Most people have goals. Very few have vision.



Goals are what you want to **ACHIEVE**.



Vision is who you want to **BECOME**.

Goals without vision is like having a to-do list without knowing why you are doing any of it. You check boxes but never feel fulfilled. You achieve things but the satisfaction fades quickly. You keep moving but you are not sure where you are actually going.

This checklist will reveal whether you have true vision clarity—a vivid, detailed picture of the person you are becoming—or whether you have been operating with vague intentions disguised as direction.



How This Works



For each statement, check the box **ONLY** if it is genuinely true for you—not aspirationally true, not sometimes true, but actually true right now.

Be ruthlessly honest. The value of this exercise is in the gaps it reveals, not in a high score.

Check = 1 point | Unchecked = 0 points

Total your score at the end

Identity Clarity

Can you clearly see who you are becoming?

- I can describe my future self in specific detail—not just what they have achieved, but how they think, feel, and move through the world.
Not 'successful' but specific traits, habits, energy, presence
- I know the core values that define the person I am becoming (and could name them without hesitation).
Values you actively live by, not aspirational ones
- I have a clear sense of how my future self handles stress, setbacks, and challenges.
Their approach, not just 'they handle it well'
- I know what my future self does NOT do—the habits, patterns, and behaviors they have released.
Clarity about what you are moving away from
- If a stranger asked 'Who are you becoming?' I could give a compelling, specific answer.
Not a job title or goal—the actual person



Reflect

What is one thing about your future self you know with certainty?

Daily Life Clarity

Can you see what your ordinary days look like?

- I can describe my ideal ORDINARY day (not a highlight reel day) in vivid detail.
A sustainable Tuesday, not a vacation or achievement day
- I know what time my future self wakes up, and what their morning looks like.
Specific rituals, not vague 'morning routine'
- I have clarity on what my future self's relationship with work looks like—when it starts, when it ends, how it feels.
Boundaries, energy, integration with life
- I can picture how my future self spends evenings and weekends.
Actual activities, relationships, rest patterns
- The daily life I am building toward is one I could sustain for decades—not just survive for a season.
Sustainability check: would you WANT this life long-term?



Reflect

What does your ideal ordinary Tuesday look like from morning to night?

Decision Clarity

Does your vision help you make choices?

- When an opportunity arises, I can quickly assess whether it aligns with who I am becoming.
A filter, not endless deliberation

- I have said NO to good opportunities because they did not fit my vision (even when it was hard).
Evidence you actually use your vision as a compass

- I know what success looks like FOR ME—not someone else's definition I have adopted.
Your own metrics, not borrowed ones

- I can distinguish between what I genuinely want and what I think I should want.
Separating your voice from external expectations

- My current major life decisions (work, relationships, location, investments) align with my vision.
Alignment in the big areas, not just intentions



Reflect

What is one decision you are currently facing? What would your future self choose?

Transformation Clarity

Do you understand your own journey?

- I can articulate where I started (past self), where I am now, and where I am heading—as a clear arc.
The narrative of your transformation
- I understand how my past struggles have shaped who I am becoming (and I see them as qualification, not shame).
Integration of your story
- I know what the next stage of my growth looks like—not just distant future, but the next evolution.
Clarity on what is immediately ahead
- I have identified the mentors, guides, and influences that support who I am becoming.
Intentional influence, not accidental consumption
- I can see the thread that connects my past, present, and future selves—there is coherence to my journey.
It makes sense as a story, not random events



Reflect

What is the transformation you are in the middle of right now?

Your Vision Clarity Score

Count the number of boxes you checked honestly. Write your total below:

What Your Score Reveals

Crystal Clear

(16-20)

You have rare clarity. You know who you are becoming and your daily life reflects it. Your next step is deepening and refining—looking for blind spots and areas where even more alignment is possible.

Foggy

(10-15)

You have pieces but not the full picture. You probably have goals, maybe even good ones—but the vision of WHO you are becoming is incomplete. This is why some days feel aligned and others feel like you are just going through the motions. You need to fill in the gaps.

Lost in the Mist

(0-9)

You are navigating without a compass. This is not a criticism—it is information. You have likely been trying to find direction through achievement, productivity, or copying others. None of it has worked because you skipped the foundation: knowing who you are becoming. The good news? This is completely fixable.

*The unchecked boxes are not failures,
they are your roadmap.*

They show you exactly where to focus next.



What Now?

Look at the boxes you left unchecked. These are not weaknesses to feel bad about—they are the specific areas where gaining clarity will transform your decision-making, daily life, and sense of direction.

The Pattern Behind the Gaps

**If most of your unchecked boxes were in Part 1
(Identity Clarity)**

You need to do the foundational work of defining who you are becoming. Without this, everything else is built on sand.

**If most of your unchecked boxes were in Part 2
(Daily Life Clarity)**

You may have a vision but it is not grounded in sustainable reality. You need to translate your vision into ordinary days.

**If most of your unchecked boxes were in Part 3
(Decision Clarity)**

You have vision but you are not using it as a compass. You need to create decision filters and practice using them.

**If most of your unchecked boxes were in Part 4
(Transformation Clarity)**

You may be disconnected from your own story. You need to integrate your past, present, and future into a coherent narrative.