



Exercise 2: Create your “Vision List”

Fill in the following charts starting with a ‘Bucket List’, i.e., things you’d like to do before you “kick the bucket”; then add a “Daily Recreation” list, i.e., things you enjoy doing with your free time, and; a “Meaningful Contributions” list, i.e. service-oriented activities and causes that you’d like to lend your time, energy, and efforts to. These count as the first of the “4 W’s” - the “*What*” you will do with your time.

Then, add specificity by completing the remaining “3 W’s” to each of the activities: “*Who* do I want to enjoy these activities with”, “*Where* will these activities take place?”, and “(By) *When* will these activities take place?”

Bucket List:

What do I want?	With Who?	Where?	By When?
<i>Example: Wine tour in Spain</i>	<i>My Spouse</i>	<i>Rioja Country in Spain</i>	<i>By age 55</i>

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Daily Recreation:

What do I want?	With Who?	Where?	By When?
<i>Example: Golf</i>	<i>Buddies and new friends</i>	<i>The Club at Weston Hills</i>	<i>Next Year</i>

Meaningful Activities:

What do I want?	With Who?	Where?	By When?
<i>Example: Volunteer for Kids In Distress Charity</i>	<i>Spouse and kids</i>	<i>Kids In Distress Youth Campus</i>	<i>Monthly starting ASAP</i>

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