NOW, NEAR, AND FAR
A VISIONING PROCESS FOR SUCCESS

A vision is brought to life when it's broken down into goals and then actions. The visioning process provides a framework to capture your life and career vision, plan out your long-term and short-term goals, and then identify the actions to take now to start your journey to success. The first step is creating a vision statement.

What is a vision statement? It's an inspiring and aspirational description of your ideal future. It sums up your values, goals, and the impact you want to make. Your vision should reflect your passions, strengths, and aspirations, and be challenging to achieve. It will serve as the destination for your life and career journey and is the first step to creating the roadmap to get you there.

Remember that this is a living document that will evolve as you grow and your priorities change. By regularly revisiting and updating this plan, you can stay focused and motivated as you work towards building a fulfilling veterinary career.

Set-Up:

Schedule your visioning sessions when you'll be at your most relaxed and creative, free of distractions, demands, or stress. Work in a quiet, calming place, and have a process to take notes, such as a journal, blank paper, sticky notes, or your laptop. Use below to write down the best time and place for you to work on your vision.

** For this next section, you can use the recorded Visioning Audio Exercise provided in the toolkit. **

Self-Reflection:

Reflect on your personal values, passions, and aspirations. Also think about what your strengths are and what you enjoy doing compared to those things you want to avoid. Use the space below to capture your thoughts.

Dream Big:

This is the moment to be aspirational. If you had a magic wand and could do anything, what would you do and what is the impact you want to make? The sky is the limit! If the voices of

impostor syndrome or doubt (the “yeah, buts”) pop in here, let those voices go – set them aside. We’re thinking big right now. Use this space to capture your aspirations.

Inspiration:

If you need some inspiration, think about people or organizations that you admire and would like to emulate. What are the characteristics they have that you want to achieve? Bring those traits into your own vision. Another method is to collect photos that inspire you and put them together into a vision board (see “How to Create a Vision Board). Use the space below to capture your thoughts.

Brainstorm:

Jot down keywords, phrases, and ideas related to your vision. Don't worry about perfecting them at this stage; the goal is to capture as many ideas as you can. You can refine later. Fill the space below with any other thoughts that you have.

VISIONING EXERCISE

Reality Vet

This visioning exercise is the first step to goal setting for your personal and professional life and will help you clarify your desired future state. Remember to be aspirational, think big, and envision what's possible, setting aside potential barriers or concerns about how you'll bring it to life. That will come much later when you get to action planning. The best time and place to do this is in a relaxing, distraction-free environment when you're in your most creative and open mindset. Having a friend, mentor, or coach read it to you is also very helpful so you can focus on the vision.

Let's get started:

1. Close your eyes and take a few deep breaths, relax, and let go of tension or distracting thoughts.
2. Imagine yourself rising from where you're seated, floating higher and higher until you break through the Earth's atmosphere and enter the vast expanse of space.
3. As you drift into space, feel a sense of peace and clarity wash over you. From this vantage point, you can see the Earth beneath you, suspended in the blackness of the universe.
4. Now, imagine yourself descending back towards Earth, but instead of returning to the present, you find yourself 10 years in the future.
5. As you touch down, you notice that you've landed in a place that feels both familiar and new. Observe your surroundings and note any changes that catch your eye.
6. You suddenly see someone approaching you. As they draw close, you realize that it's yourself, but 10 years older and wiser.
7. Your future-self greets you with a smile and a knowing look. Take a moment to observe their surroundings, appearance, demeanor, and the energy they exude.
8. Engage in a conversation with your future-self. Ask them about their life, their accomplishments, and the lessons that they've learned. Listen attentively to their responses and note any insights that they share.
9. As the conversation draws to a close, your future-self offers you a piece of wisdom to carry back to the present moment. Embrace their words and allow them to resonate within you.
10. Finally, express gratitude to your future-self for sharing their time and insights with you. As you say farewell, feel a renewed sense of purpose and clarity about the path that lies ahead.
11. Gently ascend back into space, taking one last look at the Earth and your future self below. Carry the insights and wisdom you've gained as you return to the present moment.
12. As you settle back into your physical body, take a few deep breaths, and open your eyes. Reflect on the experience and consider how you can apply the insights you've gained to your life in the present.
13. As you reflect, write down your experience and what insights you gained. Consider these questions:

- What kind of person are you?
- Where do you live?
- What does your family look like?
- What are your hobbies?
- What are you doing professionally?
- What's does your business look like?
- What type of doctor or leader are you?
- How do you impact your community or profession?
- What wisdom did your future-self share?

Answer any other question that come to mind. This concludes our visioning exercise. Thank you for your participation and I wish you well as you map out your journey to the future.

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Bringing it all together:

Now that you've brainstormed, reflected, and have some feedback, it's time to start shaping your vision statement and put it into sentences.

What will you do?

Who will you be?

Where will you live?

Where will you work?

What impact will you make?

And for all of it, why?

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Say it out loud and get feedback: Now is a good time to share your ideas with trusted friends, family, or colleagues who know you and can provide support and feedback. Saying it out loud to another person is a big step and takes courage, because you're sharing hopes and dreams with another, which is a moment of vulnerability. It also makes the planning more real because an idea has left your head and is now born into the world. Write down the feedback you received below:

My Vision Statement:

Describe your vision for your life and veterinary career and the impact you hope to make. While you can make your vision statement anything you want, it's helpful to have something concise and clear, and that you could repeat without having to read it. Consider the questions below or create your own.

SMART Goal Setting: Turning Your Vision into Reality

Reality Vet

What is a SMART Goal?

A SMART goal is a clear, focused, and strategic objective that helps you understand exactly what you want to achieve and how to get there. SMART stands for:

- Specific: Clear, concise, and well-defined
- Measurable: Trackable and quantifiable progress
- Achievable: Realistic and attainable within current resources and constraints
- Relevant: Aligns with overall objectives and is meaningful to you
- Time-bound: Has a specific deadline or timeframe for completion

How to Write a SMART Goal:

1. Start with a general goal or vision.
2. Make it Specific by clearly defining what you want to achieve.
3. Determine how you will Measure progress and success.
4. Ensure the goal is Achievable within your current situation.
5. Confirm the goal is Relevant to your overall objectives.
6. Set a Time-bound deadline or timeframe for completion.

Tips for Success:

- Be crystal clear and specific when defining your goal. Keep it simple and small.
- Identify meaningful Measures, such as metrics or milestones to track progress.
- Be honest about what's realistically Achievable considering skill, environment, and priorities.
- Regularly assess goals to ensure they remain Relevant to your bigger vision.
- Set realistic Timelines and allow flexibility for obstacles

Practice Writing SMART Goals:

General Goal:

S:

M:

A:

R:

T:

By mastering the skill of setting SMART goals, you'll be well on your way to turning your vision into reality. Keep your goals visible, revisit them regularly, and celebrate your progress along the way. Happy goal setting!

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FAR: 10 Year Goals:

Imagine yourself 10 years from now and consider the following in your goals:
What type of veterinarian are you? What do you do? Where do you work? Whom do you serve? What else are you doing?

NEAR: 5 Year Goals:

What is happening at 5 years that helps you reach your 10-year goal?

NOW: 1 - 2 Year Goals:

What are you doing right now through graduation to achieve your vision and 5-year goal? (Examples: Complete veterinary school with honors, secure a competitive internship or residency, gain experience in a specific area of interest, develop a strong professional network, begin saving for practice ownership)

1.

2.

3.

4.

5.

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Action Steps:

For each of your 1- to 2-year goals, list one to three specific actions using the SMART goal format that you will take to make progress:

Goal 1:

- Action 1:
- Action 2:
- Action 3:

Goal 2:

- Action 1:
- Action 2:
- Action 3:

Goal 3:

- Action 1:
- Action 2:
- Action 3:

Goal 4:

- Action 1:
- Action 2:
- Action 3:

Goal 5:

- Action 1:
- Action 2:
- Action 3: