



THE LIMIT FREE LIFE VISION METHOD™

Design your life. Align your money. Reclaim your time.

WELCOME

This is not just a typical vision exercise.

It's a *process* to help you get **clear on the life you actually want**—so your financial decisions, and how you manage your time and your energy, can support it.

Most people set financial goals without ever defining the life those numbers are meant to serve.

So they guess.

And when there's no clarity, the numbers never feel quite right. Clarity about how and why you want more resources will inform your decisions and allow you to manage them well.

This process is designed to change that approach.

As you go through it, you'll begin to connect:

The life you want
The way you want to spend your time
And the role money plays in supporting both

There's no right way to do this.

You don't need to have it all figured out.

Just start where you are and let the clarity come to life.

IMPORTANT:

Go to **File** → **Make a copy** so you have your own version to work in.



SECTION 1 — PERSONAL VISION

Take some time to do some free writing (journaling style) that describes your ideal personal life (in approximately 3 years). What would it look like? Address life areas such as health, lifestyle, relationships, spirituality, creativity, work, money and anything else that is important to you. We will create a business/professional vision as well, so the focus here is more on the personal side.

Then answer the questions below for added clarity. It's fine if there is redundancy with what you wrote in your ideal life vision.

Take your time here. Clarity builds as you go. Use as much space as you need for your answers.

Who am I?

Describe the version of you you are stepping into.

Your answer:

What do I really want?

Be expansive and honest—what does your ideal life look like?

Your answer:

Why do I want this?

What deeper meaning drives these desires?

Your answer:

Who do I need to become?

What qualities or behaviors are required to support this life?

Your answer:

Where do I feel most alive?

Think about moments of alignment, energy, and connection.

Your answer:

What am I currently tolerating?

What feels out of alignment or draining in your life right now?

Your answer:

Where have I become complacent?

Where have you settled or stopped pushing for what you really want?

Your answer:

CREATE YOUR PERSONAL VISION

Clarity is created twice—first in your thinking, then in your language. Now we bring it all together.

OPTION 1: USE AI (RECOMMENDED)

 Run **prompt 1** below.

1. Enter Prompt 1 into whatever AI tool you like, as written below.
2. Paste your personal vision and the answers to the questions above, into AI next.
3. Add Prompt 2 as written below.

Tell AI this: “I’ve completed a personal vision exercise.” before entering Prompt 1.

PROMPT 1: I’ve written a draft of my Personal Vision based on where I see myself 3 years from now. It includes my goals, desires, and the life I’m creating in areas like health, relationships, wealth, lifestyle, and personal purpose. - Instructions: I will be pasting the vision exercise and/or uploading a document for your reference or uploading photos of notes from my handwritten journal. Please WAIT until I have loaded all of those before you take action. Please respond with yes, so I know you understand you will be waiting for my prompt to take action.

Upload photos or Document: After you have entered the journaling exercise, the answers to the above questions, or uploaded photos, put in Prompt 2

PROMPT 2: Can you please help me turn this into a clear, emotionally compelling, present-tense Vision that feels alive and magnetic (change the words to fit your tone)?

Please make the language vivid, inspiring, and true to my voice, while making sure it flows beautifully from start to finish. Feel free to ask me clarifying questions if anything is unclear or could be expanded.” **Bonus Tip:** If you have a specific tone or voice you wish to use differently from above, adjust the prompt to mirror what that is, include voice/tone (e.g. “bold and heartfelt” or “peaceful and inspiring”)

End with a short, meaningful statement or mantra.

👉 If the vision generated feels generic, say:
“Make this more specific and personal based on what I wrote.”

OPTION 2: WRITE IT YOURSELF WITHOUT THE HELP OF AI

Use your vision exercise answers to create a present tense narrative of your vision in language that expresses your feelings as you envision them.
Focus on clarity, not perfection.

SECTION 2 — BUSINESS VISION

Now define the business or work that supports your life. Use as much space as needed for answers.

This should align with how you want to live and how you want to spend your time.

With no constraints, what would I create?

Think boldly—what would you build if nothing held you back?

Your answer:

If fear were not an issue, what would I do?

What are you holding back from?

Your answer:

What am I known for?

What do you want to be recognized for?

Your answer:

What do I offer?

What products, services, or experiences do you provide?

Your answer:

Who do I serve?

Describe your ideal audience.

Your answer:

How does my business support my life?

Connect your work to your desired lifestyle and time freedom.

Your answer:

CREATE YOUR BUSINESS VISION

Now we align your business with your life. Again, you can choose to use AI or write it yourself. You will be surprised what AI comes up with, so I'd give that a go!

USE AI

1. Enter Prompt 1 below
2.  Paste your questions and answers from the business vision exercise after this prompt
3. Enter Prompt 2 after you receive your business vision

Prompt 1: (Use for Your Business Vision)

I'm going to paste everything I've brainstormed about my business vision below. Please distill it into a **clear, compelling, emotionally engaging Business Vision statement** written in the **present tense**, as if it is already alive and happening today. Make it:

Inspiring for my team
Attractive to the right clients/customers
A strong north star for long-term growth
Aligned with my **personal life vision** that we just created.

Include: (without making it long or corporate):

Revenue direction (aspirational but grounded)

Culture and how it feels to work here
The kind of clients/customers we serve
The impact we create
Brand identity and positioning

Keep it **pithy, bold, human, and emotionally resonant** (not generic, not buzzword-heavy).

End with a short **rallying statement or mantra** that captures the heart of the vision.

Prompt 2: My company is a living breathing entity- based on what you know about where my company is right now, what does it need from me right now? (If AI does not know about your current business and the phase you are in, give it some general information in this section.

Based on what you know about me, where are my personal opportunities for growth so I can step into the leader who brings this vision forward and who experiences the life I desire. Ask me any additional questions that would help flush out a solid big picture vision.

BONUS SECTION 3 — AWARENESS - MONEY & TIME ALIGNMENT

This is where it all becomes practical. Answer the questions below after reviewing the personal and business visions you created, either on your own or with the help of AI.

What kind of income supports this life?

Be realistic but expansive.

Your answer:

How much time do I want to work?

Define your ideal schedule.

Your answer:

What am I unwilling to trade for money?

Clarify your boundaries.

Your answer:

What does “enough” look like for me?

Define sufficiency based on your life—not fear.

Your answer:

 **FINAL REFLECTION** (For you to write from the insights you’ve gained - use as much space as needed).

What life am I building?

Your answer:

What business am I building?

Your answer:

Who am I becoming?

Your answer:

My mantra:

Your answer:

GREAT JOB!! YOU NOW HAVE PERSONAL AND BUSINESS VISIONS TO GUIDE YOUR STRATEGIES, ACTIONS AND DAILY ACTIVITIES. USE IT WISELY AND KEEP YOUR VISION DOCUMENTS CLOSE TO YOU SO YOU CAN READ THEM EVERYDAY.

YOU MIGHT WANT TO USE AI (OR YOUR OWN CREATIVE SKILLS) TO CREATE AN INSPIRING IMAGE RICH VISION DOCUMENT THAT IS MORE COMPELLING. HAVE FUN WITH THIS!

ASK AI TO CREATE A BUSINESS AND PERSONAL VISION PAGE WITH IMAGES BASED ON WHAT IT CAME UP WITH. PROVIDE PICTURES OF YOURSELF AND OTHER ASPECTS OF YOUR VISION THAT HAVE SPECIFIC IMAGES YOU'D LIKE TO USE IN THE GRAPHIC.