



# **YEARLY VISION CASTING**

**YEAR:**

# The Importance Of Casting Vision

One of my favorite things to do with my husband is to dream and brainstorm together. We've done things like pay off \$65,000 in 20 months, buy our first house to flip, start a business flipping houses, dream up how to be snowbirds at 27 and 31, how to visit all 50 states + other countries, and how to publish books and grow our family.

As often as we dream up big things, we dream up how we can reduce our stress because those big dreams inevitably bring up anxiety.

And as much as we like to figure out how to reduce stress, we try to prioritize thinking about how we can change our lives to more match the way of Jesus and discern how we can be formed to look more like him.

At the beginning of this year, we asked ourselves a lot of the following questions. It helps to clarify where our stressors lie and where to put our focus. It also helps us to reevaluate our priorities, instead of just spending our time as our anxiety dictates. This year I decided it would be helpful for us to have an actual document to fill out annually together. I thought you might find it helpful, too. This can be done as a single adult, a couple getting ready to be married, or as a married couple with or without kids.

I think it's fun to do at the beginning of the year, but it can be done at any time. I also include questions to go through around June to recenter your vision. At the end of the year, around December, you can discuss where you found success and growth, where you didn't, and how you can improve next year. I recommend printing this off and keeping it in a **"Family Vision" folder**. Each year you can print out a new one and have them to look at year after year to reflect on where God has guided you.

# STRESSORS

What worked well in your family this year?

What things didn't work well this year?

What things are currently making you anxious and stressed?

We tend to avoid things that stress us out, and thinking about those things can help reveal what we are stressed about. What have you been avoiding?

# FORMATION

*I should say that Jefferson Bethke's book *To Hell With The Hustle* is required reading before doing this worksheet (& is way "better" than my humble worksheet). I wrote most of this document before reading it, but it drastically shaped the way I view vision casting and yearly planning. I love how he describes the difference between "goals" and "formations": "Goals are about what practices I'm doing. ...formations are who I am becoming through the practices I'm doing (3)". Goals and formation are both important within a family. Ultimately, though, who we are becoming is more important than what we get done. So while goals are a part of this worksheet, remember that they are not our ultimate goal as Christians—becoming like Jesus is.*

Are your daily habits forming to you look more like Jesus?

What daily habits are holding back relationships with God and family?

How are your social media habits forming you, positively or negatively?

What daily habits are forming you into something or someone you don't want to be?

How could you modify or change them to help your habits form you to look like Jesus?

What daily habit could you instill that would form you more into the person you'd like to be?

## MARGIN

Are your days and weeks too full? How much margin do you have in your days? Your weeks?

How much capacity do you personally have for activities before you start to feel anxiety about not having time to do everything or enjoy things?

How many nights/days per week do you ideally want to have free to spend together as a family or to rest?

How does having a too-full schedule negatively affect your life and family?

Think back to the above section about stressors. What is the root cause of the majority of your stressors?

What are some things you should maybe say “no” to?

Are you practicing Sabbath? How can you incorporate it or incorporate it better?

*The Sabbath is one of the first things I'm tempted to let go when I feel like I don't have enough time to finish everything. I think that I just need more time to work, but what I'm actually saying is that I don't trust that God will work everything out for me. Sabbath is a habit of trust as much as it's a habit of resistance and worship.*

## MISSION

*How centered is your family on the mission God gave us all to love God and make disciples? If our lives are not centered on our first mission to love God and make disciples, the rest of our lives will be off. It's important to align our hearts with God before we work to improve our lives anywhere else. If we aren't aligned with God, we will find something else to align our hearts to, whether that's work, taking care of our kids, fun, paying off debt—all good things, but secondary to our first mission.*

How can you improve on the above mission, and, if you have kids, how can you work to make it a more central part of their lives too?

What are big dreams that you have, for either your family, just yourself, or both?

What is your mission statement? Take some time to really think about this and write it out. This is a summary, short or long, of how your family's values intersect with your mission. It can be something like: *"Our family commits to loving God and loving each other over all else. We are committed to loving, forgiving, and serving each other as God forgave us, and extending grace to one another as much as we need grace. We individually and as a family believe our mission is to bring glory to God, share the gospel, and make disciples of ourselves and others."*

What is your overall mission for this year? Your yearly mission can be more specific than your overall mission.

What are FIVE goals for your family this year? *Our goals are a mix between dreams we are working towards, areas we are working to reduce stress, and ways we are being formed. For example, this year we made a goal to organize our house, finish a lot of house projects, and organize finances. Yours can be a mix, or one or the other. There is no right way to do it.*

Take another look at your family mission. How can you work towards it this year?

How well does your daily life reflect your vision? How can you improve it?

Think about everything you've analyzed up to this point: stressors, formations, mission, and margin. How do all of these things coincide with one another? Discuss and write down what your ideal day—realistically, not as a fantasy—would look like when you reduce your stressors, find margin, have a clear mission, and are being formed to look more like Jesus.

Write a prayer for the year and try to pray it every day, and once a week together as a family.

*Remember that goals are great, but the main goal of our life is to love God and make disciples. If you are in a difficult season (or a regular or good season), small goals of working to know God better, spending daily time with him, and spending time in community are actually big goals that should be celebrated. Life is not meant to be about meeting goal after goal, but delighting in God. This vision casting document is here to help you recenter that mission.*

# TRADITION/CELEBRATION

Traditions have a profound way of shaping us. Author Sally Clarkson wrote an amazing book, "*The Life Giving Home*," and although it's not explicitly about traditions, she does an wonderful job weaving in the importance and vision of them. I highly recommend reading that book before or while doing this worksheet as well.

Sally says, "Within those traditions is a profound understanding that our use of time and space, our physical experience, shapes our beliefs. The words we speak, the actions we perform, the days we set aside as holy enter into the rhythm of our experiences, shaping the way we taste and touch our faith (233)". Sally continues to argue that "some philosophers, like Charles Taylor, argue that our increasingly secular culture is reflected in a total absence of sacred space or time."

For the final section of this worksheet, spend some time thinking about how you want your yearly traditions to look. Traditions anchor our family by anchoring our faith. They are important, but their perfection isn't our goal. Our aim is to create a space where our family is loved and cared for and where their faith can be nurtured, through the imperfections of traditions and all.

Below are some common yearly traditions or celebrations, including one that my family has created. Write in each space what you do or what you'd like to do or change. I will leave blank space at the bottom for you to add other traditions or annual celebrations that are unique to your family.

## **The Coldest Day of the Year Celebration**

{My family and I created this one to help cheer up the frigid Northern Minnesota winters. We plant flowers, have hot chocolate, and do other crafts if we'd like }

## **Valentines Day**

## **Lent**

## **Easter**

## **End of the School Year**



**Birthdays/Anniversaries**

**Fourth of July**

**First Day of School**

**Halloween/Fall Celebration**

**Thanksgiving**

**Advent**

**Christmas**

**New Years**

# JUNE: MID YEAR REFLECTION

Rewrite your five goals for the year:

How have you worked towards each goal?

Where have you been slacking in each goal?

Do you feel like your daily habits are forming you into the person you want to be? How can you change them?

Do you feel centered as a family on your mission and yearly goals?

Reflect on how you can recenter your family for the rest of the year. Where have you seen success in each area? How have you worked towards your mission to know God and make disciples?

## DECEMBER: END OF YEAR REFLECTION

What goals did you meet?

What didn't work this year?

Do you feel as aligned with your mission with your family as you did earlier in the year?

How well do you feel like you were formed to becoming more like Jesus this year? How did your daily habits affect that, both positively and negatively?

What are something things you would like to do differently next year, both daily and in a yearly perspective?