THE GROW TO YOUR FULLEST • STEP 1

Identify Your Signature Vision

A guided worksheet to discover your gifts, clarify what matters, and shape a life of purpose.



Created by Ling Zhang • Author & Coach

Your name / date

© 2026 Grow to Your Fullest • Ling Zhang

WELCOME

Your Vision Begins Where You Are

You do not need a perfect answer. You need an honest starting point.

Your signature vision is a picture of the life you want to live and the person you want to become. It draws on your personality, passions, gifts, values, experiences, and the contribution you hope to make.

One Step in a Larger Journey

1 Discover Your Vision

Clarify your direction. This worksheet deepens Step 1.

2 Break the Hard Shell

Recognize and challenge the inner patterns holding you back.

3 Turn Problems into Stepping-Stones

Learn from setbacks and respond with resilience.

4 Bloom to Your Fullest

Let your growth bear fruit through purpose and contribution.

HOW TO USE THIS WORKSHEET

Set aside 60–90 minutes, or work in three shorter sessions. Use specific examples rather than ideal answers. Print and write by hand, or type into the response boxes in a PDF reader and save your completed copy. Return to your vision as your season changes.

Your route: Who you are → What you bring → Whom you can serve → Your vision → One next step.

OPTIONAL FAITH REFLECTION

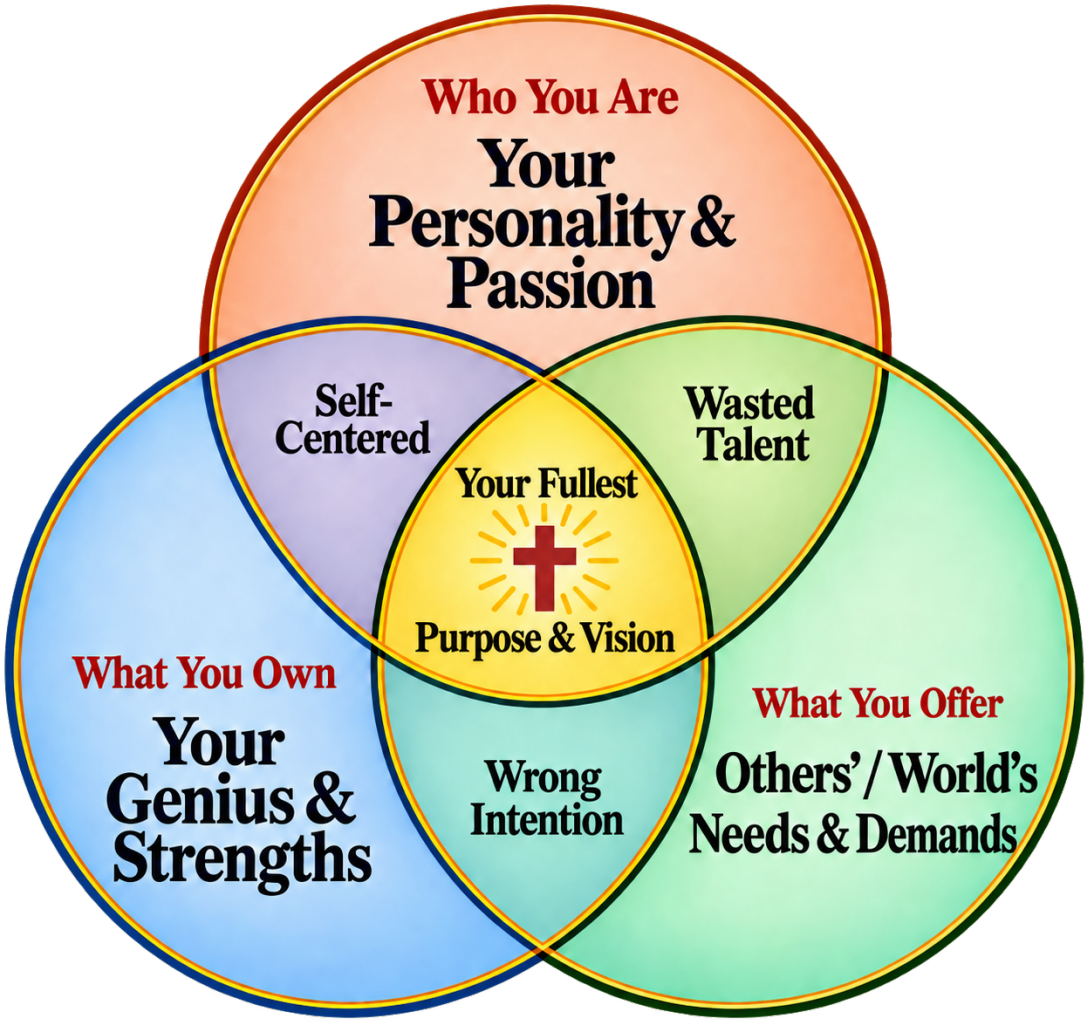
This framework is rooted in purpose, character, stewardship, and service. If faith is part of your journey, use the optional prompts to reflect on God’s guidance. The core exercises can also be completed on their own.

© 2026 Grow to Your Fullest • Ling Zhang

THE SIGNATURE VISION MODEL

Where the Three Lenses Meet

Your signature vision connects who you are, what you bring, and what you offer.



THE CENTER OF THE MODEL

The two-circle overlaps name the cautions in the original framework. At the center, your personality and passions, strengths, and contribution come together around purpose and vision. The cross reflects the framework's foundation in faith.

© 2026 Grow to Your Fullest • Ling Zhang

LENS 1 • WHO YOU ARE

Notice What Makes You Come Alive

Your personality and passions offer clues. Look for recurring patterns in real life.

1. When do you become so engaged that you lose track of time?

Describe one or two recent activities. What exactly did you enjoy about them?

2. What subjects or concerns do you return to without being asked?

What do you naturally read about, discuss, learn, or feel moved to act on?

3. What energizes you — and what repeatedly drains you?

Consider people, settings, activities, and the way you work. Distinguish a temporary difficulty from a recurring mismatch.

My recurring passions and preferred ways of working are…

© 2026 Grow to Your Fullest • Ling Zhang

LENS 1 • VALUES & CHARACTER

Name What Matters Most

A meaningful vision should reflect your values and the person you want to become.

Examples to prompt reflection: integrity, faith, family, learning, creativity, freedom, health, courage, service, generosity. Choose your own words; there is no required list.

1. Which three values do you most want your life to reflect?

For each value, name one choice or behavior that would make it visible.

2. When have you felt proud of how you acted, even without recognition?

What does that moment reveal about your character and priorities?

3. Who do you want to become — beyond a title or achievement?

Name three qualities you want people closest to you to experience in you.

One value I need to protect more intentionally in this season is…

OPTIONAL FAITH REFLECTION

What would faithful stewardship of your character, time, and relationships look like in this season?

© 2026 Grow to Your Fullest • Ling Zhang

LENS 2 • WHAT YOU BRING

Recognize Your Gifts & Strengths

Look for evidence of both natural strengths and capabilities you have developed.

1. What comes naturally to you, or becomes easier with practice?

Describe an activity and a specific result. Enjoyment and strength may overlap, but they are not always the same.

2. What do people consistently ask you to help with?

Recall requests for advice, encouragement, problem-solving, or practical help. What strengths do others notice?

3. Which accomplishment reveals a strength you could use again?

What did you do? What changed because of your contribution? Include strengths developed through effort.

My three strongest gifts or capabilities — with evidence — are…

© 2026 Grow to Your Fullest • Ling Zhang

LENS 2 • EXPERIENCE

Let Your Story Speak

Joy, difficulty, success, and change can all reveal what matters and what you can offer.

1. Which meaningful experience helped you understand yourself better?

What happened? What did it reveal about your strengths, values, or desires?

2. What have you learned through a setback or difficult transition?

Choose an experience you feel ready to reflect on. What wisdom or capability grew from it?

3. Who inspires you, and what specifically do you admire?

Look beneath status or success. Which qualities or contributions would you like to practice in your own way?

A thread running through my story is…

© 2026 Grow to Your Fullest • Ling Zhang

LENS 3 • WHAT YOU OFFER

Connect Your Gifts with a Real Need

Purpose becomes more concrete when you can name whom you hope to help and how.

1. Which people, communities, or problems do you care about deeply?

Why do they matter to you? This may involve your family, work, church, neighborhood, or a wider community.

2. What need do you see — and how do you know it exists?

Use an observation, conversation, or personal experience. What might you still need to learn from the people involved?

3. Which of your strengths could meet part of that need?

Name a realistic contribution you can make. You do not have to solve the whole problem.

I want to help… by… so that…

OPTIONAL FAITH REFLECTION

What recurring concern or opportunity might be inviting you to serve? Where could your gifts become a blessing to others?

© 2026 Grow to Your Fullest • Ling Zhang

YOUR WHOLE LIFE

Picture a Life You Want to Live

Your signature vision reaches beyond work. Imagine an ordinary day shaped by what matters.

Picture your life three years from now. Let yourself dream, then consider what fits your responsibilities and season. Describe how you live, relate, work, and contribute.

Character & inner life — How am I growing?

Relationships & family — How am I present for others?

Work, learning & service — What am I contributing?

Health, rest & daily rhythm — What sustains this life?

MY DEEPER WHY

Ask yourself: Why does this picture matter? What would make it meaningful even if no one applauded? Capture your answer on the next page.

© 2026 Grow to Your Fullest • Ling Zhang

BRING THE LENSES TOGETHER

Find the Common Thread

Your vision grows from the connection between who you are, what you bring, and what you offer.

Return to the Venn diagram on page 3, then review your answers on pages 4–9. Underline repeated words or ideas. Use the five sources below to gather the strongest clues from your reflections.

Gifts — My most useful strengths

Values — Principles I want my decisions to protect

Energy — Activities and settings that bring me alive

Experience — Lessons that shape my direction

Contribution — People or needs I feel drawn to serve

The common thread I see — and why it matters to me — is…

© 2026 Grow to Your Fullest • Ling Zhang

WRITE YOUR SIGNATURE VISION

Turn Your Clues into a Direction

Aim for a clear, honest first draft. Your vision can mature as you learn and grow.

A STARTING STRUCTURE

I am becoming [qualities], living by [values], and using [gifts] to contribute to [people or need], while nurturing [the relationships and rhythms that matter]. Use this structure only if it helps; your own words are best.

Example: “I am becoming a patient, courageous guide who values faith, family, and learning. I use my ability to listen and teach to help others navigate change, while protecting time for loved ones, rest, and service.”

My signature vision — a picture of who I am becoming and how I will live

My one-sentence compass — the direction I want to remember

Why this vision matters to me

© 2026 Grow to Your Fullest • Ling Zhang

PUT YOUR VISION INTO PRACTICE

Test It with One Small Step

Clarity grows through experience. Choose a small action that helps you learn.

Read your draft and ask: Does it sound like me? Does it protect what matters? Does it name a contribution? Does it fit my current season? Which part needs more evidence or exploration?

One part of my vision I want to explore or test

One action I will take in the next seven days — and when

Examples: talk with someone you hope to serve, offer one hour of help, try a creative project, or protect time for a valued relationship.

What I want to learn — and whom I can ask for honest feedback

Review after the action: What energized me? What helped? What will I adjust?

WHEN ACTION FEELS DIFFICULT

Notice the belief or fear that appears. You can bring it into Step 2 — Break the Hard Shell — in the Personal Growth Blueprint. You do not need complete certainty to take a thoughtful next step.

© 2026 Grow to Your Fullest • Ling Zhang

YOUR ONE-PAGE SNAPSHOT

My Signature Vision

Keep this page where you can return to it. Let it guide choices, not merely decorate a notebook.

My vision for this season

The qualities and values I want to live

The strengths I will use — and the people or needs I will serve

My next right step — and the date I will take it

One choice I will say yes to — and one I will release

My review date — and the person I will invite to support me

© 2026 Grow to Your Fullest • Ling Zhang

KEEP GROWING

Let Your Vision Take Root

A vision becomes a life through repeated, purposeful choices.

Keep your draft close, act on one insight, and let your direction deepen with experience. You do not have to see the whole path to take the next right step.

Continue with the Personal Growth Blueprint →

Continue through all four steps: clarify your vision, challenge inner barriers, learn from obstacles, and turn your growth into contribution.

Go Deeper with the Book

In Grow to Your Fullest: 4 Steps to Rise Above the Crowd, Bloom and Bear Fruits, Ling Zhang explores the principles, stories, and lessons behind the framework.

Explore Grow to Your Fullest on Amazon

Explore Your Next Step with Ling

Book a complimentary growth conversation to explore your direction, what may be holding you back, and whether personal growth coaching could support you.

Book a Complimentary Growth Conversation

Explore Personal Growth Coaching →

About Ling Zhang →

Ling Zhang is the founder of Grow to Your Fullest, an author, coach, and lifelong learner. Her journey through dreams, challenges, faith, and leadership shapes her work helping others grow with clarity, resilience, and purpose.

Start where you are. Grow where you are planted.

© 2026 Grow to Your Fullest • Ling Zhang