

Sample Vision — 2029

A Hero's Journey Process™ Example

It is the spring of 2029. I am 45 years old, standing on the back deck with coffee in hand, watching the sun come up over the live oaks. The house is quiet. In a few minutes the kids will stir and the day will begin, but right now I feel something that took me years to recognize. I am at peace. Three years ago I could not have imagined this version of my life. I had the numbers, the titles, a calendar full of things that looked impressive on paper. What I didn't have was this: a life that feels as good on the inside as it looks on the outside.

The Man I've Become

I am in the best physical shape of my adult life. I weigh what I weighed at 28, and I'm stronger. I deadlift more, I run longer, I sleep through the night. The morning routine I used to negotiate with myself about is now non-negotiable - up at 5:30, water, twenty minutes of movement and breath work, journal, reading. My back pain is gone. I'm off the reflux medication I took for a decade. My annual bloodwork reads like a man ten years younger. People notice, but more importantly, I notice. At 7 p.m. I have energy for my family instead of collapsing into my phone.

Spiritually, I'm more grounded than I've ever been. I've built a quiet daily practice of meditation most mornings, a weekly Sabbath where I don't work or look at screens, and a prayer I return to when life gets loud. I no longer treat faith as something to figure out. I treat it as something to live inside. I trust the path. Fear, jealousy, and scarcity still show up, but I recognize them faster and return to center without the spiral. I've forgiven the people I needed to forgive, including myself. That alone freed up something enormous in me.

I have become the kind of man I used to wish I'd had as a mentor. Direct. Kind. Present. Courageous. I don't shrink in hard conversations and I don't puff up in easy ones. I can be wrong without it costing me my sense of self. My word is my word. My wife, my kids, my team, and my closest friends would describe me with the same three or four qualities, and that consistency is one of the things I am most proud of.

My Marriage and Family

My marriage is the deepest relationship of my life. We have held our Friday-night ritual for over two years now - dinner out, no phones, real conversation. We take two trips a year just the two of us, one domestic and one abroad. We did the work, together and individually, to drop the patterns that used to drive us apart. I know her more deeply now than on the day we married, and she knows me. Our intimacy, emotional and physical, is alive again, and it is something we both tend to on purpose.

Being a father is the work of my life. Our kids are thriving. They are confident without being arrogant, kind without being passive, curious, funny, and resilient. They know they are deeply loved and they know there are standards in this family. Breakfast together most mornings and a family dinner four nights a week are the two anchors I refuse to compromise. I coach one of their teams every season. I stopped outsourcing the parts of fatherhood I used to think I didn't have time for, and the return on that choice has been immeasurable.

I have grown closer to my parents in these years. I call my dad every Sunday. I told both of them, in actual words, what they mean to me, something I used to assume they already knew. My siblings and I are tighter now than we were as kids. We take a family trip every summer, and the cousins are growing up together the way I always hoped they would.

Our Home and Daily Rhythm

Our home is a place of calm. We simplified. Fewer possessions, fewer obligations, more space. The house runs on systems we actually enjoy (a Sunday reset, a shared family calendar, meals planned on a rhythm). My office is a sanctuary with good light, a view of trees, and the books that matter to me within reach. We also bought the small cabin we used to dream about, two hours out of town, on water, and we spend at least one weekend a month there. It has become the place our kids will remember.

Fun is no longer something I squeeze in at the edges. I schedule it like I schedule everything else that matters. Surf trip in the summer. Ski week in February. A standing monthly poker night with friends. Tennis twice a week. A concert or live event every month with my wife. I laugh more than I used to. The younger version of me would be surprised at how much play is in my life now, and how much more productive I am because of it.

My Work and Leadership

My business is thriving, but the bigger shift is how I do the work. I am lightly scheduled by design. I say no to most things so I can say a full yes to the right ones. I spend my hours where I add the most value, i.e., vision, key relationships, coaching my leaders, and the one or two creative projects only I can do. My team is stronger than I am in their domains, and I have trained myself to let them lead. The culture we built is one I am proud of. High standards, high trust, direct communication, real care for each other.

I narrowed my client work to a smaller number of deeper engagements. The people I serve are exactly the ones I want to serve... high-caliber, committed, humble, and hungry. The impact we create together is measurable and meaningful. My calendar reflects my priorities instead of fighting them, and I end most weeks with energy left over for my family and myself.

I also launched the project I used to only talk about. The book, the course, the community, the thing that was mine alone to make. It is out in the world, it is helping people, and it is generating income that isn't tied to my hours. That single decision, to stop waiting and start building, changed how I see myself.

Finances and Freedom

We are debt-free other than our primary mortgage, which will be retired in the next few years. We have a year of living expenses in cash, fully funded retirement accounts, and a growing portfolio of investments that quietly compounds in the background. Our household net worth has roughly doubled in the last three years, but the number matters less than what it represents, options for our family. We can say yes to the trip, the opportunity, the family need, or the cause we care about, without flinching.

The kids' education is funded. We give generously and on purpose, to our church, to two causes we believe in deeply, and to people in our lives when it matters. Money is no longer a source of anxiety in our marriage. We have a quarterly money date, we agree on where we are going, and we celebrate the wins along the way.

Friends, Community, and Purpose

I have three close male friendships that I have intentionally invested in over the last three years. We text during the week, we do an annual guys' trip, and we tell each other the truth. I also have a men's group I have been part of for years now. It is the place I go when I need to be fully honest and fully known. These relationships keep me accountable and keep me from drifting.

I am active in my community in a way that fits who I am. I serve on one board I care about. I show up at our kids' school. I know my neighbors by name and we host a block party every fall. I am involved enough to make a difference and clear enough on my limits to not resent it.

Purpose is no longer something I search for. It is something I live. I know what I am here to do, and I spend the majority of my time doing it. My work, my family, my faith, my service, and my wellbeing are no longer competing departments of my life. They are one integrated whole, and that integration is the source of the peace I feel on mornings like this one.

When I look back on the last three years, I am amazed. Not because I hit every goal. I didn't. But because I kept showing up, kept choosing the harder right over the easier wrong, and kept trusting that a life this good was available to me. It was. It is. And the best part is knowing I am still just getting started.