



# VISUALIZING YOUR DREAM LIFE

Visualization is a powerful practice that helps you get really clear about what you truly want in life. After all, you can't chart the course of your life if you don't even know where you want to go! So, in your heart of hearts, if all of your wildest dreams came true, what kind of life would you be living **ten years** from now? This worksheet will help you visualize your dream life **ten years** from now. Then, working backwards from this vision of your ideal life, you can set more meaningful goals that are aligned with your core values and deepest desires. One important note: Fill out this worksheet using the present tense, as if everything has all already happened. For example, "*I am* a best-selling author of YA novels. *I live* in a beautiful lakeside mansion in Michigan. *I have* a tall, dark, handsome, and doting partner and two pitbulls we rescued from the pound *where I volunteer* every Saturday morning after yoga." Have fun!

## LIFESTYLE

A decade in the future, what is the very best version of yourself doing?

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How do you make money? How much money do you make?

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Where do you live? Do you own a home, and what does it look like?

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What do you look like? What kind of clothes do you wear?

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What's your week like? How do you go about your day?

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How does it typically feel to be you? Are you optimistic? Encouraging to others? Calm? Energetic? Driven? Playful?

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What surrounds you every day? What do you see when you open your eyes in the morning? When you look out the window? When you drive down the street?

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## **RELATIONSHIPS**

Who's in your life? Do you have kids, do you have a family, are you married?

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Do you have love or romance in your life? What does it feel like?

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What's your relationship with your family like?

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What's your relationship with your friends like?

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What other relationships are in your life (colleagues, clients, neighbors, mentors etc.)? What are they like?

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How do you treat people? How do you speak to people you love?

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How do others treat you?

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## **PURPOSE**

What brings you joy? What do you do for fun? Are you a great cook? Do you love to read? Do you love to run?

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Where do you go on vacations?

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How do others see you?

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How do you see yourself? How do you prioritize yourself? What do you do to look after yourself?

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What is your purpose? What fills you up? What is your calling?

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What are your proudest achievements so far?

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What is the highest value that your future self holds? Is it family, loyalty, growth?

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