INSTRUCTIONS:

• Do you ever wonder what your life dream is? This exercise helps you see the vision you already have within you for your life.
• Allow yourself 20 minutes of quiet time to ponder and write your answer in the space below!
• This is about YOU, so let your imagination go, write a story and paint a picture of your life with words.

Now, take a moment to REALLY imagine you are blissfully happy and healthy AND 90 years old. You’re sitting in your rocking chair and looking back over your IDEAL life.

1. Who are you as a person? What is it about you that people value?
2. What have you achieved? What are you proud of? What added meaning to your life and gives you a sense of fulfillment?
3. Perhaps consider how your life unfolded in the following areas; Family, Friends, Significant Other, Career, Health (emotional, spiritual and physical), your Home, what you did for Fun and Leisure, what you Learned about, what you did in Service, Leadership or in your Community.
4. Finally I wonder what you can see around you? What are you feeling? What can you hear? What SHOWS you’re truly happy?

Tip: The complete picture may not magically arrive, just put pen to paper NOW and write – see what happens!