



## LIFE PLAN

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Imagine, right at this moment, that you are living the life of your dreams. Ask yourself the question: "If I could be anywhere, doing anything, where would I be, who would I be with and what would I be doing?"

### Your Home

1. What city, state and country are you living in?
2. What type of home do you live in?
3. What style of furniture do you have?
4. How is your home decorated?

### About You

1. Describe your appearance
2. How are you dressed? Professional? Casual?
3. What is your attitude towards life?
4. What does the future look like?
5. How do you handle life's challenges?
6. How do you live life to its fullest?
7. How do you nurture yourself?
8. How do you feel about your free time?
9. What do you do for recreation? Relaxation? Rejuvenation? Recharging?

### Your Relationships

1. Are you in a relationship, committed or married?
2. Who else lives with you?
3. What are the important characteristics of your romantic relationships?
4. What type of people are your friends?
5. What are their professions?
6. Do you have a family? What is your relationship with them?
7. How do you interact with them?
8. How do you impact others in your life?
9. What is your social life like?



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### Your career

What profession are you in?

How do you feel about your work?

Do you feel fulfilled? Why or why not?

What are your daily responsibilities and activities?

Are you working for yourself?

What type of business atmosphere is in your office?

Who do you work with?

What do your business relationships look like?

What is your financial situation?

How much money do you earn?

How much do you have saved?

### Your personal development

What do you do for your health?

Do you take meditation, vitamins, herbs?

Do you exercise/work out?

Do you go for walks in nature?

How are you continuing your education?

Do you go to workshops and seminars?

How do you nourish your soul and spirituality?

What is your involvement in your spiritual community?

Do you have a support group or people that empower you on your journey?

What kind of service or charity are you involved with?

What other areas are important or have a major impact on your life? \_\_\_\_\_

What do you need to do for each of these areas to make this vision a reality? \_\_\_\_\_





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Area of Focus	6 month goals	1 year goals
Health and Well-Being		
Career		
Intimate and Social Relationships		
Contributions to others/society		
Personal Development		
Finances		
Other		

Area of Focus	3 year goals	5 year goals
Health and Well-Being		
Career		
Intimate and Social Relationships		
Contributions to others/society		
Personal Development		
Finances		
Other		