

VIVID VISION

my dream life in 3 years

What does your dream life look like in three years? Reflect on areas that matter to you: health, relationships, career, personal growth, money, home, spirituality, etc. Be as specific as possible and paint a vivid picture of that life!

Some questions to prompt you:

- Where do you live? - House, apartment? Where in the world? With whom?
- What are you doing? - What's your job? Hobbies, commitments?
- How much money do you make? - What's the dollar amount? What is your money able to provide you?
- Who are the people around you? - Name current loved ones you'd like to spend time with and describe future relationships you'd like to have.
- How do you feel? - What emotions do you want to feel as your best self?

IN 3 YEARS, WHAT WOULD MY DREAM LIFE LOOK LIKE?

MY IDEAL DAY

Another way to do this exercise is creating a Vivid Vision for your Ideal Day. What does a perfect day in your dream life look like from beginning to end? You can use the prompts from the previous page for inspiration.

WHAT DOES AN IDEAL DAY IN MY DREAM LIFE LOOK LIKE?