DREAM LIFE BLUEPRINT EXERCISE

Think about how you want to feel in each area and what helps you feel that way. And above all, think big!

IN YOUR DREAM LIFE JOURNAL:

01 /

MAKE A LIST OF THE LIFE AREAS THAT MAKE SENSE FOR YOU (IT CAN HELP TO LOOK BACK AT YOUR LISTS OF PASSIONS, VALUES AND PURPOSE), OR USE MY LIFE AREAS LISTED ON THE PREVIOUS PAGES FOR INSPIRATION.

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02 /

DEDICATE A PAGE IN YOUR DREAM LIFE JOURNAL TO EACH LIFE AREA. THIS WILL BECOME YOUR DREAM LIFE BLUEPRINT.

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03 /

THEN, ONE BY ONE, VISUALISE EACH OF YOUR LIFE AREAS AS IF YOUR DREAMS HAVE COME TRUE. WHAT DOES IT FEEL LIKE? WHAT DOES IT LOOK LIKE?

LET YOUR IMAGINATION RUN WILD AND WRITE DOWN ALL YOUR AMAZING, BIG PICTURE DREAMS FOR THAT LIFE AREA. DON'T OVERTHINK IT. JUST DREAM LIKE YOU DID AT THE START OF THIS BOOK, FOCUSING ON THE TWO KEY QUESTIONS ON THE PREVIOUS PAGE, AS YOU CONTEMPLATE EACH LIFE AREA. WHAT WOULD YOU DO IN THAT AREA OF YOUR LIFE IF YOU KNEW YOU COULD NOT FAIL? WHAT WOULD YOU DO IN THAT AREA OF YOUR LIFE IF YOU HAD ALL THE TIME AND MONEY YOU NEEDED?

DON'T WORRY TOO MUCH ABOUT TIMEFRAMES OR OTHER LIMITATIONS. JUST DUMP YOUR IDEAS.

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04 /

NOW GO BACK TO YOUR 101 DREAMS LIST AND REWRITE THE DREAMS THAT ARE MOST RELEVANT FOR EACH LIFE AREA ON THE PAGE CORRESPONDING TO THAT LIFE AREA. WHAT YOU'VE CREATED IS YOUR DREAM LIFE BLUEPRINT.

MY DREAM LIFE BLUEPRINT

LIFE AREA: CAREER AND FINANCES

MY DREAM LIFE BLUEPRINT

LIFE AREA: EDUCATION AND LEARNING

MY DREAM LIFE BLUEPRINT

LIFE AREA: HEALTH, WELLNESS AND FITNESS

MY DREAM LIFE BLUEPRINT

LIFE AREA: FAMILY AND RELATIONSHIPS

MY DREAM LIFE BLUEPRINT

LIFE AREA: HOME

MY DREAM LIFE BLUEPRINT

LIFE AREA: SPIRITUALITY AND SENSE OF PURPOSE

MY DREAM LIFE BLUEPRINT

LIFE AREA: TRAVEL AND EXPERIENCES

MY DREAM LIFE BLUEPRINT

LIFE AREA: HOBBIES AND FUN

MY DREAM LIFE BLUEPRINT

LIFE AREA: COMMUNITY AND ENVIRONMENT