

# DREAM LIFE STORY EXERCISE

IN YOUR DREAM LIFE JOURNAL:

## 01 /

IN YOUR MIND, TAKE A LEAP AND MENTALLY TRANSPORT YOURSELF TO THAT EXACT DAY AND TIME IN YOUR FUTURE.

USING PRESENT TENSE, WRITE DOWN HOW OLD YOU ARE ON THIS DAY, AND USE YOUR IMAGINATION TO VISUALISE THAT IT IS THIS DATE. YOU ARE THAT AGE.

'IT'S \_\_\_\_\_ AND I'M \_\_\_\_\_ YEARS OLD.'

STOP TO IMAGINE THAT. BREATHE AND RELAX INTO HOW THAT FEELS.

USE YOUR IMAGINATION TO DESCRIBE - IN WRITING - HOW YOU WANT TO LOOK AND FEEL ON THAT DAY IN YOUR FUTURE.

WRITE WHATEVER COMES TO MIND ... SHORT AND SIMPLE. BULLET POINTS ARE FINE.

STOP AND THINK ABOUT THE AGES OF OTHER SIGNIFICANT PEOPLE IN YOUR LIFE. WRITE THEIR NAMES AND AGES DOWN. THIS CAN REALLY HELP TRANSPORT YOU MENTALLY TO THAT DAY IN YOUR FUTURE. DESCRIBE BRIEFLY IN WRITING HOW THEY LOOK TOO...

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## 02 /

NOW LET'S MOVE TO EACH OF YOUR KEY LIFE AREAS THAT YOU IDENTIFIED IN THE PREVIOUS CHAPTER. ONE BY ONE, IMAGINE HOW THAT AREA OF YOUR LIFE LOOKS FOR YOU AS YOU REFLECT ON IT ON THIS DAY IN YOUR FUTURE.

AS YOU WORK THROUGH EACH LIFE AREA, USE THE FOLLOWING PROMPTS TO DESCRIBE WHAT YOU SEE AND FEEL WHEN YOU LOOK AROUND AT THAT ELEMENT OF YOUR FUTURE STORY.

IN THIS LIFE AREA:

- + THE THINGS I FEEL PROUD OF INCLUDE...
- + MY BEST FRIENDS TELL ME...
- + THE THINGS I LOVE MOST ARE...
- + WHEN I LOOK AT MYSELF IN THE MIRROR AND THINK ABOUT HOW I'M GOING  
IN THIS LIFE AREA I FEEL...
- + THE THINGS I SEE AROUND ME ARE...
- + ON A WEEKLY BASIS I...

# DREAM LIFE STORY EXERCISE

## 03 /

AS YOU DO THIS EXERCISE, TRY COMPARING - IN EACH LIFE AREA - HOW YOUR LIFE LOOKS AND FEELS TO YOU AT THAT POINT IN YOUR FUTURE, RELATIVE TO THE LIFE THAT YOU'RE LIVING NOW.

- + DESCRIBE THE DIFFERENCES AND HOW YOU FEEL ABOUT THEM.
- + WHAT IS BETTER ABOUT YOUR LIFE ON THIS DAY FIVE YEARS INTO THE FUTURE?
- + HOW HAVE YOU MADE PROGRESS?
- + WHAT ARE YOU WORKING ON?
- + WHO ARE YOU SPENDING TIME WITH? HOW DOES THAT FEEL?
- + WHAT HAVE YOU LET GO OF? WHAT HAVE YOU EMBRACED?

AS YOU WRITE - REMEMBER, SHORT BULLET POINTS ARE JUST FINE - TRY TO USE WORDS THAT ARE COLOURFUL, STIMULATING, EVOCATIVE AND GENUINE. KEEP IT SIMPLE, BUT THE CLEARER THE PICTURE YOU CAN CREATE FOR YOURSELF, THE BETTER.

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## 04 /

WHEN YOU'RE DONE, COME BACK OVER THE NEXT FEW DAYS TO READ OVER WHAT YOU'VE WRITTEN. ADD TO IT. ADJUST IT. AND MAKE IT AUTHENTICALLY YOURS. THIS IS SUCH AN EXCITING STEP YOU'RE TAKING.

THIS PICTURE OF YOUR DREAM LIFE - YOUR DREAM LIFE STORY - IS YOUR DESTINATION, AND EVERY CHAPTER FROM THIS POINT FORWARD WILL HELP YOU CREATE A ROADMAP TO REACH IT. WHENEVER YOU FEEL A LITTLE LOST, RETURN TO THAT IMAGE AND REMIND YOURSELF OF WHAT YOU'RE WORKING TOWARDS AND HOW IT'S GOING TO FEEL WHEN YOU ARRIVE AT THAT DAY, FIVE YEARS FROM NOW.

REVISIT AND REWRITE YOUR DREAM LIFE STORY OVER TIME. REFLECT ON IT OFTEN. IMAGINE IT IN VIVID DETAIL. THE MORE YOU VISUALISE IT, THE CLEARER AND MORE FOCUSED YOU'LL BECOME ON MAKING IT HAPPEN AND THE MORE YOUR SUBCONSCIOUS MIND WILL FILTER OUT WHAT YOU DON'T NEED AND FILTER IN WHAT YOU DO.

YOU WILL START TO ATTRACT WONDERFUL AND EXCITING OPPORTUNITIES THAT WILL TAKE YOU STEP BY STEP TOWARDS YOUR DREAM LIFE.

ADD ANYTHING NEW THAT COMES FROM THIS EXERCISE TO YOUR DREAM LIFE BLUEPRINT AND VISION BOARD (WE WILL LOOK AT THIS IN MORE DETAIL IN CHAPTER 15).