



## Life Plan

### INSTRUCTIONS

Imagine, right 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?”** I will not ask you to return this to me so please be as open and honest with yourself as possible. This is for your growth.

#### Your Home

- What city, state and country are you living in?
- What type of home do you live in?
- What style of furniture do you have?
- How is your home decorated?
- What is directly around your home?

#### About You

- Describe your appearance.
- How are you dressed?
- What is your attitude toward life?
- What does the future look like?
- How do you handle life's challenges?
- How do you live life to the fullest?
- How do you nurture yourself?
- How do you feel about yourself?
- What do you do in your free time?
- What do you do for recreation?
- What do you do for relaxation?
- What do you do for rejuvenation?
- What do you do for recharging?

#### Your Relationships

- Are you single, in a relationship, committed and/or married?
- Who else lives with you?
- What are the important characteristics of your romantic relationship?
- How are your relationships with your children?
- How do you interact with those closest to you?
- Who are your friends?
- What type of people are they?
- What are their professions?
- What is your family like?

What is your relationship with them like?  
How do you interact with them?  
How do you impact others in your life?  
What is your social life like?

### **Your Career**

What profession are you in?  
How do you feel about your work?  
How fulfilled do you feel?  
How much are you living your dream?  
What are your daily responsibilities and activities?  
What's your business atmosphere like?  
Who do you work with (if anyone)?  
What are your business relationships like?  
What is your financial situation?  
How much money do you earn?  
How much do you have saved?  
What is your financial plan for the future?  
How do you feel about your financial outlook?

### **Your Personal Development**

What do you do for your health?  
What medication, vitamins and herbs do you take?  
What exercise do you do?  
How do you connect with nature?  
How are you continuing your education?  
What workshops and seminars do you attend?  
How do you nourish your spirituality?  
What spiritual community do you belong to?  
Who are your like-minded friends?  
Who do you turn to for emotional support?  
Who empowers you on your journey?

### **Your Spiritual Awareness**

How do you express your spirituality?  
How do you feed your soul?  
What do you do to foster your spiritual awareness?  
What's your life purpose?  
What is your belief system?

What other areas are important or have a major impact in your life?  
What do you have to do for each of the above areas to make that vision a reality?

### **Overall Life Plan/Goal:**

6 Month Plan:

1 Year Plan:

3 Year Plan:

5 Year Plan:

### **CREATE YOUR OWN MISSION STATEMENT**

Create a mission statement which reflects the essence of your life. Write it in present tense (I am working as an...)