DYNAMIC LIFE BLUEPRINT

3 Guidelines from Review Your Year:

- _____
- _____
- _____

Phase 2: Ideal Vision
Module 3: Design Your Ideal Life

Ideal Vision is…

True for you and those in your immediate _____.

What have you always _____ of having.

What will make you more _____ in every area of your life.

Ideal Vision is not…

Societies belief in what _____ is.

Settling for what you feel is _____.

Limited by _____, _____, and _____.

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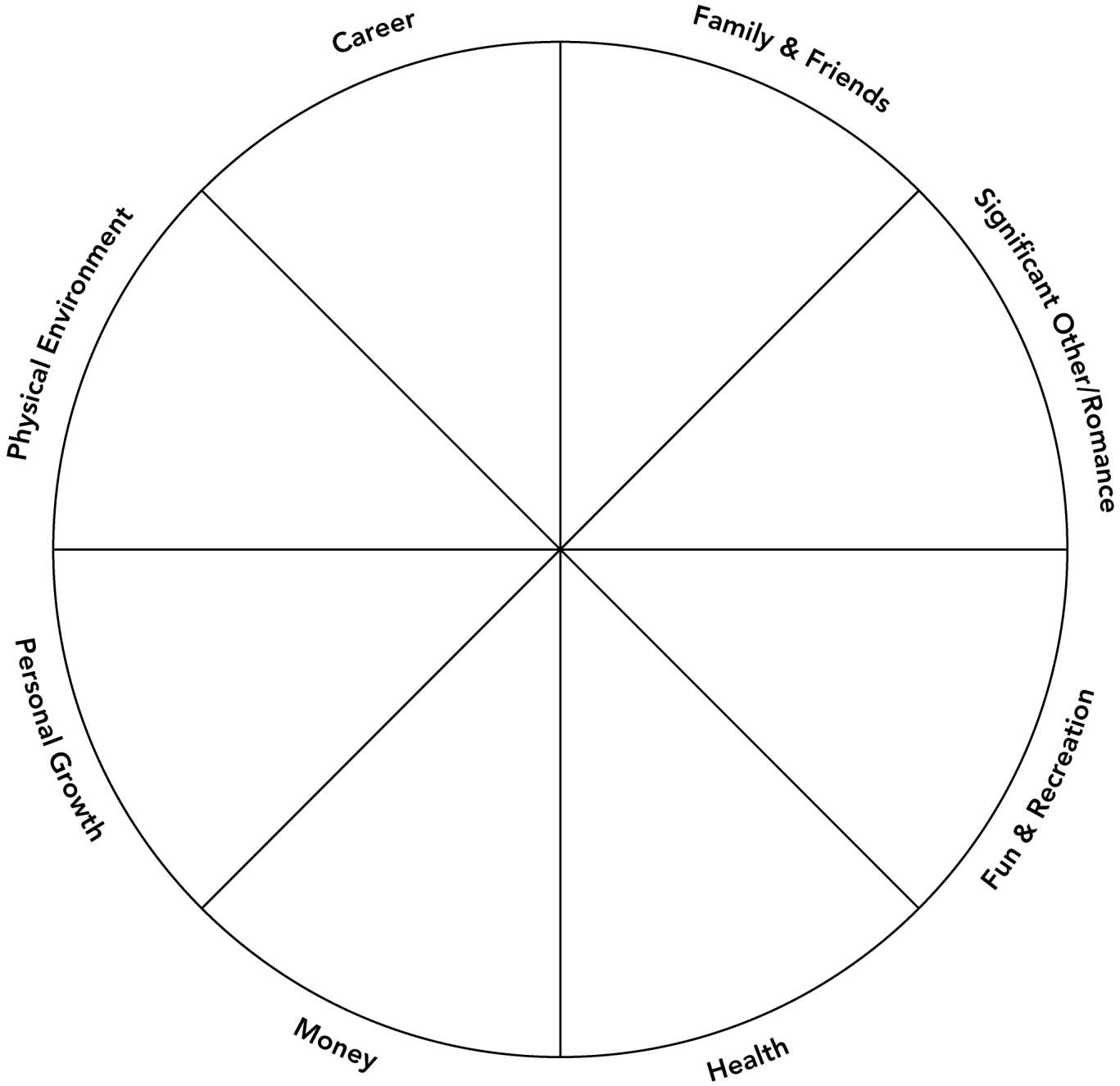
Activity 1: Ideal Life Brainstorm



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Activity 2: Going Deeper into Your Ideal Vision

1. Look forward 20 years... you're attending a function where someone is giving a speech about YOU! What would you want them to say?

2. If time, energy and resources were not a concern, describe the things you long to do.

3. Think about one or two people you know who really inspire you. What about them is inspiring?

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4. What's missing in your life, where if you had it you'd feel more fulfilled?

5. What would you do if you knew you could not fail?

6. What activities have heart and meaning for you?

Before you move to the next activity: Add in the answers from these questions into your ideal life wheel. And go back to what you want to be, do and have from Module Two and add them into your ideal life wheel.

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Activity 3: Ideal Life Visualization and Future Self

This is on a separate audio from the Module Three Audio. Create some time and space to do this so you're not rushed or interrupted. It is better done once all the way through.

Use this space to write what you want to remember from the visualization…

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