

## **Part 1 Discovery**

You are about to design your future life. A specific and detailed vision of that future will inform your choices and actions and will change the course of your life.

Answer the first 19 questions from what you know about yourself. Your answers will be drawn from your past and present experiences. Begin to contemplate all of the elements you want to design into your ideal future.

- 1. What matters to you in life? What is important? Don't answer correctly. Answer truthfully.**

- 2. If you could have more in your life, what would you want more of?**



**5. What dreams have you given up on?**

**6. In your life, when you were engaged in that thing you were most passionate about, what was that thing?**

**7. When you think about what it would be like to be truly happy, truly joyful, what images come to mind?**

**8. List your 10 closest relationships. Who is important in your life? Consider love relationships, family, friends, career, church.**

**9. In your life, what has brought you the most joy and happiness?**

**10. What qualities do you have?**

**11. Regardless of whether or not you have developed them, what talents do you have?**

**12. What sets you apart? What is special about you?**

**13. If time and money were no object, what would you be doing?**

**14. What would you accomplish if nothing could stop you?**

**15. List 10 topics or things you love talking about and could talk about endlessly.**

**16. What do you do for entertainment?**



**17. How have you been holding back in life, in your business and in your career?**

**18. If you weren't holding back, what would you be doing?**

**19. If you weren't holding back, what would be possible for you, for your business, for your career?**

## **Part 2 Creating Your Vision**

### **Now it's time to write your 5-Year Vision.**

Pick a date in the future, at least 5 years from today. **Begin to write in present tense**, as if you are writing your answers on that date.

From that date you wouldn't be worried about HOW it will happen – because it will already have happened. So imagine now that all that you are about to describe in your answers has already happened.

**Date 5 years from today**\_\_\_\_\_

- 20. Looking back, what have you accomplished in the past 5 years that you are proud of? (*Remember, starting with this question, answer from 5 years from now.*)**

**21 . How do you feel about yourself?**

**22. What kind of people are in your life and how do you feel about them?**

**23. What does your ideal day look like?**

**24. Where are you? Where do you live? Be specific. Describe your home, where in the world you live, your community...**

**25. How are you spending your time? What are you doing?**

**26. How are you dressed?**

**27. Who is with you?**

**28. What is your predominant state of mind?**

**29. How do you feel physically?**

**30. How do you look physically and how do you feel about how you look?**

**31. Describe your spiritual connection and practices**

**32. How does your credit and debt look?**

**33. How much money do you have in reserves?**

**34. What are you giving to others?**

**35. Describe your time freedom. How much free time do you have and what do you do with it?**



**36. What interests you and what are you doing to pursue those interests?**

**37. What have you done to set up your dependents and future generations regarding wealth?**

**38. What example have you set for your dependents and future generations regarding health and well-being values and practices?**

**39. How will your example of personal and professional development impact others?**