

BUILD YOUR LIFESTYLE WORKSHEET

Take your time, and really imagine yourself in the future. Elaborate as much as you would like, but the more you put into this the more you get out of it. You can even pick two separate times in your life which may look a bit different. Don't let the writing space fool you, feel free to continue this exercise on another piece of paper, within an electronic document or even a journal if needed.

- 1** What would make you happy and why would that make you happy?
- 2** What would make you successful and why would that make you successful?
- 3** Where do you see yourself living? (Country, State, City, Urban, Sub-urban, by the ocean, in the mountains, etc....)
- 4** What does your house or living structure look like? (House, apartment, rental, ranch, tiny home, etc....)
- 5** Who do you see yourself living with? (Spouse, Partner, Kids, Animals...)
- 6** What are some of the fun things you want to be able to do? (Travel, boat/sailing, rock climbing, gardening, rodeo, skateboarding, snowboarding...etc.)
- 7** Do you want work to be a part of your fun life, or would you rather just have work to supplement your fun life? (May depend on how much you intend/plan on working, or how much you need to work to make the money to live your lifestyle)