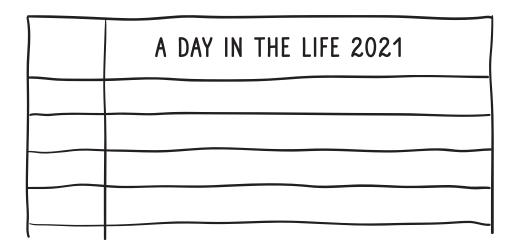
## EXERCISE #3:

DREAM BIG: WHAT DOES YOUR LIFE LOOK LIKE 1 YEAR FROM NOW?



- Picture a specific day in your future, 1 year from now. Everything has gone as you hoped it would. Let go of any fears or doubts that may exist in your mind.
- 2. Write about that day in full detail. Get specific about all aspects of your life. Write until you can't possibly write any more.
- Store the pages away somewhere. You've created a direction for yourself in you mind. Revisit it once a month to reconnect with your vision. And keep taking steps in the right direction

Here's everything you need to know about creating a ten year life plan, or establishing a vision for your future self!

## WHAT DO I NEED TO GET STARTED?

- Either 1) Paper and pen or 2) A computer with a printer, so you can have a physical copy
- Enough uninterrupted time so you can write without feeling pressure to finish at a certain time
- Some energy and a healthy mood!

