

EXERCISE #3:

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

A DAY IN THE LIFE 2021	

1. 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.
3. Store the pages away somewhere. You've created a direction for yourself in your 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!

