

Envisioning your
IDEAL LIFE



*"Wish for it
Hope for it
Dream for it"*

BUT BY ALL
MEANS DO IT

*"Your life is the
manifestation of your
dream; it is an art,
and you can change
your life anytime
that you're not
enjoying the dream."*

D O N M I G U E L R U I Z

Wheel of Life

THIS WORKSHEET IS DESIGNED FOR YOU TO GET A QUICK GLIMPSE INTO YOUR LIFE ACROSS A VARIETY OF CATEGORIES. THIS WAY, YOU HAVE AN IDEA OF YOUR HAPPINESS AND WHAT YOU CAN IMPROVE. RATE EACH CATEGORY FROM 1 TO 10, 1 MEANS YOU ARE NOT COMPLETELY SATISFIED, AND 10 MEANS YOU ARE OVER THE MOON. THEN ON THE NEXT PAGE, FILL IN WHAT YOU ARE HAPPY WITH AND WHY, WHAT NEEDS SOME WORK AND HOW YOU THINK YOU CAN IMPROVE THE SITUATION

The diagram is a large circle divided into eight equal segments by four lines intersecting at the center. Each segment contains a category name and a 'Rating:' prompt. The categories are arranged as follows:

- Finance**
Rating:
- Personal Growth**
Rating:
- Health**
Rating:
- Friends**
Rating:
- Love**
Rating:
- Leisure**
Rating:
- Home**
Rating:
- Career**
Rating:

Vision board

IN EACH CATEGORY, WRITE HOW YOU WOULD LIKE YOUR IDEAL LIFE TO BE. THE WORKBOOK BEHIND YOU, IS CREATED TO GIVE YOU AN IDEA OF THE THINGS YOU WANT TO STRIVE FOR.

WRITING YOUR VISION OF LIFE WILL HELP YOU TO MAKES IT REAL AND CREATES A ENGAGEMENT THAT FORCES YOU TO MOVE FORWARD AND MANIFEST YOUR GOALS.

CAREER

FINANCE

RELATIONSHIPS

LOVE

PERSONAL GROWTH

HEALTH

LEISURE

HOME

Affirmations

HERE, YOU WILL WRITE POSITIVE AFFIRMATIONS THAT WILL HAVE A POSITIVE IMPACT ON THE ASPECTS OF YOUR LIFE THAT YOU ARE TRYING TO IMPROVE. FIRSTLY, WRITE YOUR STATEMENTS IN THE PRESENT TENSE USING THE PRONOUN "I". SECONDLY, USE AFFIRMATIVE AND POSITIVE WORDS (TRY TO AVOID CAN'T, SHOULDN'T, SHOULD'N'T, ETC.). FOR EXAMPLE, "I AM FULL OF ENERGY AND I ALWAYS ACT" INSTEAD OF "I DO NOT PROCRASTINATE." THIRDLY, IT IS IMPORTANT TO DEVELOP THE HABIT OF USING THESE AFFIRMATIONS WHEN YOU ARE DOING THE OPPOSITE OF WHAT YOU KNOW YOU SHOULD BE DOING.

Friends/Family

ex. "I'm loving and giving in my relationships". "I'm in control of the people I let into my life"

Finance

ex. "I'm capable of creating my dream financial life through hard work and dedication"

Career

ex. "I'm always striving to develop myself professionally"

Health/Fitness

ex. "I'm in control of my physical fitness"

Relationship

ex. "I have people who love me"

Instructions - U

Writing style for the next 8 My Ideal Life pages

Let's play: In this writing journal, you become the screenwriter in your life. You are the director and the main character in this movie. You are casting YOURSELF and whomever you feel or DESIRE to include in your MOVIE called ***My Ideal Life***.

RULES

· ***Be Creative - use adverbs and adjectives*** · ***You will not Write*** in the 1st person perspective – that means you will not use 1st tense pronouns, like - ***I, we, us, our, ourselves, my, mine, myself, or me***, although this is how we normally talk about ourselves. Again, we ***will not*** use these words on the '***My Ideal Life Pages***'.

· ***We will only write in the 3rd person's perspective*** – (he, him, his, himself, she, her, and hers, herself, it, its, itself, they, them, theirs, themselves, or you – it's as though you are talking about another person. We are not used to talking about ourselves in this way, ***but we can and we will meet the challenge!***

When journaling this way you would say your name as though you did not know yourself. Use only positive words to identify and describe yourself as you imagine ***your ideal life***.

Use **adverbs** to describe your verbs and use **adjectives** to describe your nouns.

Example: *The prestigious Gershonah Cynthia Whitley is living the wonderful life of her dreams as she is escorted by her handsome, intelligent, and brilliant new husband to many magnificent world-wonder destinations around the world. Gershonah recognizes herself as brilliant, vibrant, and intelligent. She and her husband communicate exquisitely with one another and enthusiastically attend every long-running Broadway and Off-Broadway show in New York and around the world. They enjoy themselves tremendously after each magnificent adventure because money is not an object of consideration because both of their bank accounts have superabundant cash flow.*

There are eight '***My Ideal Life***' pages included so you can write your new imagined reality for 8 different areas of your life. Use the suggestions from 'the wheel of life' or the '***vision board***' on the previous pages.

Remember to have fun and feel relief as you release your vision on the 8 My Ideal Life pages. Imagine your ideal life beginning to manifest month by month. Remember, you are the director of your life, so unleash your imagination and have fun! Develop the muscle of creating beyond what you already have in your life. Imagination is your gift and it is within your vision. Write as little or as much as you like. As the months go by, and as the director, you can change your mind as you reimagine areas of your life differently. You have complete autonomy. Abracadabra! Your Wish is your command.

Gratitude -U

1. What are some things you were grateful for this month?

2. A) Who are some people you are grateful for this month?

B)Remember you are the Director. Are there some people you will not include in next month's script? Are there different people you will write into your script for next month? Remember you get to create characters too. Just remember you are the Star!

3. Get excited! What are you looking forward to with next month's script journaling?

Monthly Reflection

DATE : _____

WHAT WENT WELL THIS MONTH?

HOW CAN NEXT MONTH BE BETTER?

WHAT OBSTACLES DID I FACE THIS MONTH? WHAT CAN I DO BETTER THE NEXT TIME I FACE THIS MONTH?

HOW DID THIS MONTH BRING ME CLOSER TO MANIFESTING MY GOALS AND REALIZING MY LIFE VISION?

WHAT DID I DEVOTE MY TIME TO THIS MONTH? HOW CAN I SPEND MY TIME MORE PRODUCTIVELY NEXT MONTH?

CELEBRATION PAGE

DATE _____

1. HOW CAN I CELEBRATE MY ACCOMPLISHMENTS THIS MONTH?
2. IN WHAT AREAS DID MY LIFE IMPROVE?
3. HOW DO I FEEL? WHY DO I FEEL THAT WAY?
4. WHAT AM I LOOKING FORWARD TO NEXT MONTH?

Level 10 life Inventory

A LEVEL 10 LIFE IS A PRODUCTIVITY METHOD CREATED BY HAL ELROD THAT HELPS YOU GET A BETTER UNDERSTANDING OF HOW YOU FEEL ABOUT THE CURRENT STATE OF YOUR LIFE. THE SYSTEM ALLOWS YOU TO STEP BACK AND REEVALUATE YOUR LIFE AND TAKE STEPS TO IMPROVE.

FAMILY/FRIENDS	1	2	3	4	5	6	7	8	9	10
SELF-DEVELOPMENT	1	2	3	4	5	6	7	8	9	10
SPIRITUALITY	1	2	3	4	5	6	7	8	9	10
FINANCES	1	2	3	4	5	6	7	8	9	10
CAREER	1	2	3	4	5	6	7	8	9	10
RELATIONSHIPS	1	2	3	4	5	6	7	8	9	10
RECREATION	1	2	3	4	5	6	7	8	9	10
GIVING	1	2	3	4	5	6	7	8	9	10
ENIRONMENT	1	2	3	4	5	6	7	8	9	10
HEALTH	1	2	3	4	5	6	7	8	9	10

