

Course script - module 1

A vision of the life you'd REALLY love to be living

In this module we create a vision of the life you'd love; your unique life that only you know.

Often this vision is unclear - we just know what we don't want or that something is lacking.

To find out what we do want we will look at the 'who, where, what, how and why'.

We will imagine a future in which you lived the life you REALLY wanted, one aspect at a time.

First, download the template for this module 1 to record your thoughts.

Next, it's time to tune in to the inner 'you' so find a quiet place without distractions.

We'll do a short reflection exercise. Begin by settling yourself comfortably and close your eyes. Take a few slow, easy breaths in and out. Now let your imagination create for you a world where you feel at ease, comfortable, safe and where you can enjoy yourself. In your imagination this is possible.

We'll look at this world, a future where you live the life you REALLY wanted, one aspect at a time.

Who would be in the life you'd love to be living?

- A partner, romance, family, friends, community, work colleagues, inspiring figures, role models?

How we relate with them is important. I look for qualities of support, appreciation, respect and love - for me, and that I can offer them. What qualities do you look for?

Where is the life you'd love to be living?

- Is it in a city, in an apartment, or the suburbs, on a lifestyle block, a farm, village, in the mountains, by the seaside, in a forest, or a traveling home?

How is your health?

- Your physical body, mind, emotions, spiritual part?

What level of personal growth or excitement, of challenge, gives you the thrill of being alive?

How is your abundance?

- The flow of money in and out; and what stays in the bank?
- Your material wealth, possessions, the vibrant Natural World around you? These also are your wealth.

What do you do?

How do you occupy your days?

- In paid employment you love, your own thriving business, service-oriented working for your community or society, learning, creating; hobbies, interests or passions?

What stretches and challenges you?

What is the meaning of all these actions in this life you'd love to be living?

- How do they reflect your values, your purpose?
- What is especially important for you out of all of them?

Take a few moments to let the themes bubble up in your mind and unfold for you.

When you're ready, bring your attention back to remember your body seated comfortably in the surroundings. Then open your eyes and note your reflections on the template.

Record the thoughts at the top of your mind.

When the words stopped flowing easily rest back and look at your template. What is it telling you?

This is an evolving process. As you move on through the day, you may notice other aspects you enjoy, so these can be added to your template too.

Congratulations you've begun to clarify the life you would really love to live.

When I did this exercise and put it all together

I found I clarified some important aspects for myself and maybe it may help you too.

If you'd like to look further, re-run the video and pause after each question to fill in your responses and create a picture of the unique life you'd REALLY love to live.

I found it such a buzz to see what was important to me.

Now I can prioritise these so I choose the path of the life I want.

I can take steps along it with each choice I make.

Clarifying the life you'd REALLY love is a huge step [a giant leap] along the path.

So congratulations! Reaching this point you HAVE taken the first step!

By clarifying the life you'd love, you too start walking the path now.

In the next module we'll look at resources you can draw upon to take you along this path most easily.

May you and your life flourish!