

Thoughts for 2019

How I'd like my life to be



INSTRUCTIONS: Allow yourself 20 minutes of quiet time to consider these questions that help you create and shape your vision for your next 12 months. Write your answers in the PRESENT tense, and be as SPECIFIC as you can.

1. How do I want my life to be? Write below how you'd like each area to be in 12 months' time:

i) Personal Life, Home and Family

ii) Career, Work and Business Life

iii) Health and Well-being

iv) Finances

v) Community, Friendships

vi) Spiritual and Learning

vii) Write anything else, that you perhaps haven't mentioned yet here:

2. What if there were no obstacles?

3. Who do you need to BE to achieve this?

4. If there was one important CHANGE you could make over the next 3 months, what would it be?

5. My THEME for the next 12 months is: _____