



Feeling Into the Future

Name:

Date:

Imagine yourself 1- 2 years from now and daydream about your ideal life.

What activities are you doing? How do you feel? Etc.

Describe that life below in as much detail as possible. Use more paper as needed.

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As you are completing this life and looking back on it, what were the 4 to 6 things that were most essential for you to accomplish?

1)

2)

3)

4)

5)

6)

How do you feel as you imagine yourself fulfilling these things over the course of your life?