

My Life

Exercise I:

If one advances confidently in the direction of his dreams and endeavors to live a life which he has imagined, he will meet with success unsuspected in common hours.

Henry David Thoreau

1) What things do I want to do before I die?

9 minutes:
3 min: Brainstorm
3 min: Add Ideas
3 min: To Prioritize

2) What things do I want to do over the next 2-5 years?

9 minutes:
3 min: Brainstorm
3 min: Add Ideas
3 min: To Prioritize

3) If I had six minutes to live, how would I live it?

9 minutes:
3 min: Brainstorm
3 min: Add Ideas
3 min: To Prioritize

Conclusion: 3-4 Main Priorities (from above exercise):

Exercise II:

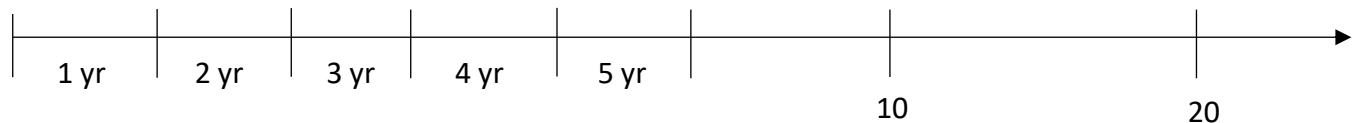
If I had my choice, what would be my perfect life-scenario? (Dream Big!)
(Maybe include 2-3 if you cannot decide)

Exercise III: Life Questions

- 1) What kind of person do I want to be?
- 2) What do I want to contribute in life?
- 3) What do I want to accomplish in life?
- 4) What kind of relationship do I want?
- 5) What do I want to own?
- 6) Where do I want to live?
- 7) What are my passions?
- 8) What are my special talents?

Exercise IV: Timeline of Priorities and Dreams (on a separate paper)

Smaller things
I want to do →



Most important
things I want to
do →

Exercise V: Take each dream and identify steps to reach it