

EXPERIENCES

What experiences do I want to have in my life?

Friendships / Connections

*What types of experiences do I share with friends?
Who are the people I want to share my time with?
What does my social life look like in my ideal world?*

Love Relationship

*What does my ideal love relationship look like?
How do we communicate, what do we do together?
How does my romantic partner make me feel?*

Adventure

*How do I define adventure?
What kinds of adventures would make my soul sing?
What do I want to see, discover, explore?*

Environment

*What does my physical home look and feel like?
What is my workspace like? Where do I spend my time?
Am I traveling, or in one place? What's it like?*

GROWTH

In order to have these experiences, how do I have to grow?

Health / Fitness

*How do I look and feel physically?
What nutritional and fitness habits do I practice?
What health and fitness goals excite me?*

Intellectual Life

*What do I want and need to learn to have these experiences?
What would I LOVE to learn about?
How can I expand my mind in ways that feel inspiring?*

Skills

*What skills would I LOVE to master? What skills will help me thrive?
What would make me happy and proud to know how to do?
What would I go back to school to learn just for the joy of it?*

Spiritual Life

*Where am I now spiritually, and where would I love to be?
How can I feel more connected to myself, inner peace and centeredness?
Are there any new spiritual practices I'd love to try?*

CONTRIBUTION

If I have these experiences and have grown in these ways, how can I give back to the world?

Career / Purpose

*What are my visions for my life's work?
What contributions do I want to make to my field?
What career goals feel meaningful to me?*

Creative Life

*What creative activities would I love to learn or do more of?
How can I share my creative self with the world?
What creative activities light me up?*

Family

*How can I build nourishing family relationships?
What is my vision of my ideal family? Who do I love spending time with?
How can I practice greater love and connection with those I love?*

Community (local + global)

*How can I contribute to my local community?
How can I contribute to the world at large, my global community?
What is the mark or legacy I want to leave on the world?*