

**INSTRUCTIONS:** Allow yourself 20 minutes of quiet time to consider these questions that help you create and shape your vision for your next three 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 THREE MONTHS TIME:**

- A. Personal Life, Home, and Family
- B. Career, Work, and Business Life
- C. Health and Well-being
- iD. Finances
- E. Community, Friendships
- F. Spiritual and Learning
- G. 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 THREE MONTHS, WHAT WOULD IT BE?**

**5 | MY THEME FOR THE NEXT THREE MONTHS IS:** \_\_\_\_\_

