



Self - Discovery Worksheet: My Ideal Life

A Day in Your Ideal Life	What would it look like?	Where is your life right now?	How far are you?
Where would you live? What would your house look like?			
What time would you wake up? Breakfast? Exercise? What would you do?			
What details draw your attention?			
What do you do the first half of the day? With whom?			
What do you do for lunch? Where? With whom?			

A Day in Your Ideal Life	What would it look like?	Where is your life right now?	How far are you?
What do you do for personal fulfillment?			
What life purpose would you strive toward?			
What business would you start or what type of work would you like to do?			
What would you do at work?			
What are your client relations like?			

A Day in Your Ideal Life	What would it look like?	Where is your life right now?	How far are you?
Who do you hang out with? What do you eat for dinner? With whom?			
What other activities do you do throughout the day?			
What thoughts do you have as you go to sleep?			
Any other questions you may have:			
Review all column answers. What would it take to get from where you are now to where you want to go?	Your answer:	List 3 things you can do starting today to begin moving toward your ideal life.	Your answer: