

DESIGN YOUR LIFE

a deeper dive

Identify the category of life that you most want to work with to begin. Choose one category at a time but know you can come back and revisit this exercise with another category.

The category of life I choose to work with is _____

WHERE I AM NOW

Write a detailed list of where you are now in this category of life.

SIX MONTHS FROM NOW

Write a detailed list of where you would like to be six months from now, Think of this from a place of "anything is possible," not what seems logical Remember to include what it feels like, looks like, who's there... include all the senses.

BLOCKS/HOLDBACKS

Write a detailed list of what you believe is holding you back from this dream life.

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WHEEL OF LIFE CATEGORY EXAMPLES

PHYSICAL HEALTH: exercise, eating habits, sleep, support

RECREATION: fun, play, relaxation, interests, hobbies, rest

FINANCES: savings, investments, freedom

CAREER: freedom, advancement, impact, purpose

MENTAL HEALTH: mindset, emotions

HOME: safe, comfortable, pleasing

RELATIONSHIPS: self, friends, partner, work, boss, parents, family

PERSONAL DEVELOPMENT: spirituality, personal growth, meditation, self-care

CATEGORY	NOW	SIX MONTHS	BLOCKS
PHYSICAL HEALTH	<ul style="list-style-type: none"> · Need more exercise · Joint pain · Tired · Not great stamina 	<ul style="list-style-type: none"> · Exercise 3x a week · I have energy · I feel strong · My clothes fit better 	<ul style="list-style-type: none"> · Not sure where to start · Don't have the time · Unmotivated · Affordability
RECREATION	<ul style="list-style-type: none"> · Not much fun in my life · Too much work · Spouse doesn't value play · Lots of responsibilities 	<ul style="list-style-type: none"> · I'm doing things I love · Balance between work and play · Spouse participates in fun activities 	<ul style="list-style-type: none"> · I don't want to try things on my own · I feel guilty going out for play/fun
FINANCES	<ul style="list-style-type: none"> · No savings · Earn 60k · Can't afford a house 	<ul style="list-style-type: none"> · I'm saving money every month · Earn 65k · Plan in place to buy a home 	<ul style="list-style-type: none"> · I don't know how to invest · Never learned to save and plan · Not sure how to buy a home
CAREER	<ul style="list-style-type: none"> · Stagnant job · No growth opportunities · I'm bored · Want a change 	<ul style="list-style-type: none"> · Inspired job · Making a difference · I'm appreciated · Options for growth 	<ul style="list-style-type: none"> · I don't know what I love to do · Am I qualified? · Not sure of my next step

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CATEGORY	NOW	SIX MONTHS	BLOCKS
MENTAL HEALTH	<ul style="list-style-type: none"> · Feeling sad · Unmotivated · Lonely 	<ul style="list-style-type: none"> · Full of energy · Understand my feelings · Talking to a counselor 	<ul style="list-style-type: none"> · Not sure how to feel happier · Staying home is easier than being social · Unsure of how to find help
HOME	<ul style="list-style-type: none"> · Unfinished · Cluttered · Doesn't feel peaceful 	<ul style="list-style-type: none"> · Beauty · Decluttered and organized · Feels like my sanctuary 	<ul style="list-style-type: none"> · I don't have time · Don't have the budget · Don't know where to start
RELATIONSHIPS	<ul style="list-style-type: none"> · Drifting away from my friend group · Feels like a one-sided relationship · Interests have changed 	<ul style="list-style-type: none"> · Hanging out with people that make me feel good · Connected · Shared interests 	<ul style="list-style-type: none"> · Confused about what happened to my current friend group · Not sure how to find new friends · FOMO
PERSONAL DEVELOPMENT	<ul style="list-style-type: none"> · Not taking self-care time · Wishing for more in my life · Missing community 	<ul style="list-style-type: none"> · Enjoy meditating · Have a spiritual practice · Found a spiritual home 	<ul style="list-style-type: none"> · Not sure where to begin · Difficulty meditating · Putting others first