Build your dream life

Picture a life you'd be excited to live. Set aside the "how" for a moment and explore what you truly want. Answer with specific details, and feel free to expand on each question with other ideas, experiences, or dreams it brings to mind. These are starting points - give yourself room to explore. You don't need to answer every question; focus on what matters to you.

Write in the first person and in the present tense, as if you are already living this life. Describe your goals as already accomplished and the life you want as your current reality.

"I"

Financial

What does financial freedom look like for you?

- What would you love to earn each year? How much would you like to have saved or invested?
- Where would you live? Picture your home, its surroundings, and your favorite thing about being there.
- If money gave you more choices, what would you finally say yes to - and what could you stop doing?

Physical

How do you want to look, feel, and move through life?

- Imagine waking up feeling your best. What's different about your energy, confidence, and comfort in your body?
- What would you love to be physically capable of - climbing a mountain, learning to dance, keeping up with your kids?
- Picture yourself decades from now. What do you still want to be able to do and enjoy?

Spiritual/mental

How do you want to feel about yourself and your life?

- If you trusted yourself more and worried less about others' opinions, what would you give yourself permission to do?
- When life gets difficult, how would you like to speak to yourself and respond?
- What would feeling more connected to your faith, your values, or something bigger than yourself look like in everyday life?

What "I" do

Occupation

What would you love your working life to look like?

- If you could build your ideal career or business, what would you spend your time doing?
- Where would you work, who would you work with, and how much freedom would you have over your schedule?
- What would you feel proud to create, lead, or accomplish through your work?

Free time

How would you spend your time when it's yours to enjoy?

- Picture an ideal day off. What would you do, from the moment you wake up?
- Where would you love to travel, and what would you want to experience while you're there?
- What hobbies, adventures, or simple pleasures would you make more room for?

Personal life

What would you love to learn, try, or accomplish for yourself?

- What have you always wanted to learn, even if you'd be starting from scratch - a language, an instrument, a completely new skill?
- What personal project would you love to bring to life - writing a book, restoring a car, growing a garden, or something entirely your own?
- What dream have you been saving for "someday"? What would it look and feel like to finally pursue it?

How "I" impact

Relationships

What would you love your closest relationships to look and feel like?

- Who would you surround yourself with? What would make those relationships feel supportive, meaningful, and fun?
- What moments would you love to share - everyday dinners, new traditions, big adventures, or conversations that bring you closer?
- What kind of partner, parent, family member, or friend do you want to be? How would you show up for the people you love?

Making a difference

How would you like to leave things better than you found them?

- Who would you love to help, or what cause feels personally important to you?
- How would you use your time, skills, or resources to contribute - in your neighborhood, your community, or somewhere farther away?
- Imagine seeing the difference you've made. What has changed, and what does it mean for the people you've helped?

How others feel about me

What do you hope people feel when they think of you?

- After spending time with you, how would you want someone to feel - understood, encouraged, loved, inspired, or something else?
- What qualities would you hope people use to describe you? What moments or actions would give them that impression?
- What would you love the people in your life to know they can always count on you for?