

IDEAL LIFE VISUALIZATION WORKSHEET

Drawing from the ideal life visualization, complete each statement.

If you do not have a clear picture of how to complete some of these statements based on your ideal life visualization, just complete the section based on the attributes you'd like to have in your ideal life.

Take your time and be as specific as you can be. Right and complete the following sentences in your Journal pausing and restarting as needed.

Complete the following sentences:

In my ideal life words that describe my physical appearance are:

The kind of home and environment I live in is:
Words that describe the personal qualities I possess
are:

The ways I behave toward myself are:

My professional work contribution and income:

The ways I behave toward others are:

Words that describe the qualities of my relationships
with others are:

The things I do in my leisure time are:

My passions and interests are other aspects of my ideal
life are:

IDEAL PERSONAL QUALITIES, BEHAVIORS AND LIFE CIRCUMSTANCES

Here you're going to begin to focus on the specific personal qualities, behaviors and circumstances that will move you forward in mastering your ideal life. The purpose of this exercise is to identify all the attributes the personal qualities behaviors and life circumstances that you would like to bring to reality in yourself and in your life, but that you do not yet possess.

You'll be using information gleaned from the ideal life attributes exercise you just completed.

PERSONAL QUALITIES

Make a list of all the personal qualities you **aspire to** in your ideal life but do not already possess. The following are some examples of personal qualities but feel free to write down any personal qualities that are important to you.

Compassionate

loving

creative

flexible

authentic

self confident

charismatic

accepting

passionate

self-disciplined

playful

spontaneous

generous

resourceful

strong

intelligent

adventurous

inspiring

intuitive

peaceful

gentle

physically fit

healthy

balanced

energetic
nurturing

BEHAVIORS

List all the behaviors that you aspire to in your ideal life but do not already possess. Again, I've provided some examples to help guide you but feel free to write down any behaviors that are important to you. Here are the examples:

Authentically express my thoughts, needs and feelings to others.

Be compassionate and forgiving with myself and others.

Unconditionally accept myself being loving and caring to others.

Trust and follow my intuition.

Express my creativity.

Eat healthy foods

Take good care of myself.

Build and share healthy relationships with others.

Choose love and compassion in each moment.
Inspire and motivate others
Be adventurous and take risks.
Resourcefully address conflict with others.
Practice self discipline.
Be mindful and conscious in every moment.
Be playful and spontaneous.
Set and follow through on my goals.
Take time to relax and create balance everyday.
Communicate effectively with others.
Exercise on a regular basis.
Develop and practice healthy lifestyle habits.

LIFE CIRCUMSTANCES

List all the circumstances that you aspire to in your ideal life but do not already possess. Again, I've provided some examples to help guide you but feel free to write down any circumstances that are important to you. Here are the examples:

Live in a beautiful home and environment.
Share close loving and supportive relationships with others.
Enjoy financial abundance.
Own a home that I love.
Enjoy a healthy work-life harmony.
Actively pursue my interest and passions.
Enjoy a meaningful and fulfilling career.
Feel accomplished and fulfilled in my work.
Be self-sufficient and able to provide for myself.
Feel whole and happy on my own.
Enjoy optimal energy and well-being.
Have a sense of inner peace and contentment.
Enjoy being physically fit and healthy.
Be recognized and rewarded for my contributions.
