

Create Your Perfect Life – Finding Your True Passion and Purpose

Choose areas from your life review that you would like to work on:

Some ideas to get you started in imagining your perfect life:

Who do you want to be?

What do you want to have in your life?

Who do you want to share it with?

What sort of home, business, career do you want? Describe them.

Do you want to travel, do you want time with family to do what?

Describe your perfect day – how you would love to spend your time.

What did you love doing as a child?

What are your interests, what do you love doing? What is your passion, the thing you most like to do? The thing that makes your heart sing and time stand still.

What would you be doing if there was no possibility of failure?

What beliefs/thoughts/behaviours are stopping you?

What beliefs/thoughts/behaviours would be better for you?

How can you reinforce those beliefs/thoughts/behaviours?

Create a power statement/affirmation that will help you create your perfect life:

I _____ am _____
