

CHARTING YOUR COURSE

Waking Preparation

When you are traveling, you probably take along a map. This Goal Visualization Exercise is like a road map for your life's journey. Where do you want to go in your life? Which paths attract you? What are your priorities and passions? What life mission will you choose to accomplish? To help you visualize an ideal "path," complete the following exercise after a few relaxing stretches and seven deep breaths . . .

DATE (month/day/year) _____ M T W T F S S

Today's Ideal Outcome _____

This Week's Ideal Outcome _____

This Month's _____

The ideal outcome in the next year would be _____

The ideal outcome in the next five years would be _____

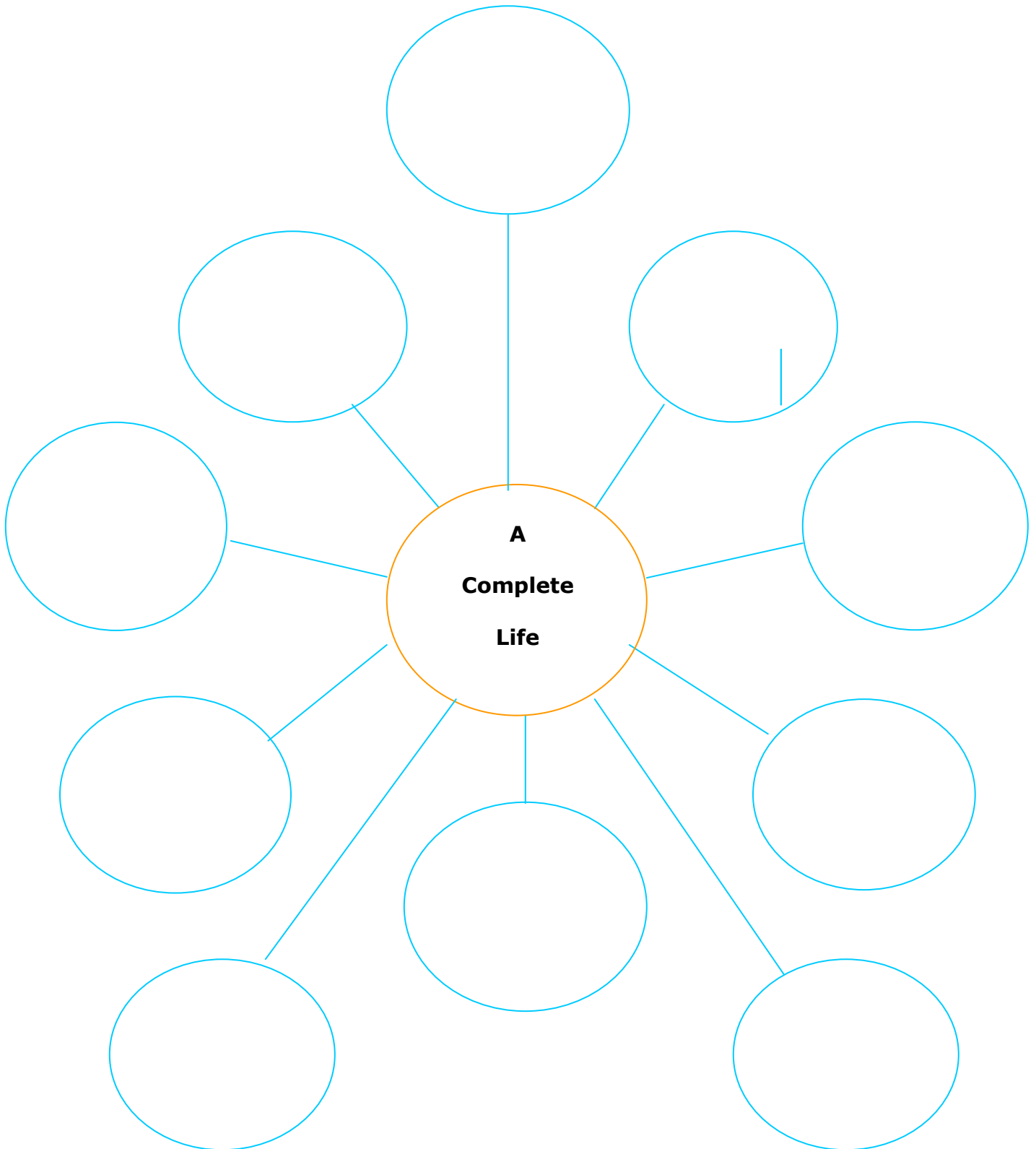
The ideal outcome in the next ten years would be _____

The ideal outcome in the next twenty years would be _____

The ideal outcome in the next twenty years would be _____

The ideal outcome in the next twenty years would be _____

Let your imagination roam free. Imagine all the ideal accomplishments and events that would make your life feel complete and list them in the mind-map below. Consider the following areas of your life: Spiritual Life - Career - Relationships - Priorities - Community Projects - Creativity - Personal Development - Exciting Experiences - Relaxation - Hobbies - Volunteer Work - Life Mission.



During my lifetime, the ideal events and accomplishments would be as follows:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

In order for my life to feel complete,
I would prioritize accomplishing these three essential things . . .

1. _____
2. _____
3. _____

THE LIFE MISSION I CHOOSE TO PRIORITIZE IS . . .
