



One Year Later

It is as simple as it sounds. You envision a year from now. What does the best version of you look like, what does your life look like? This is an exercise which you can do alone. You can also do it with another trusted individual. It can be rewarding to share, and it could also help bring you outside your comfort zone. Brainstorming with others can help us look at things in a way we never have.



Treasure Hunt

To attain our goals, it helps us to visualize what it is we are seeking. Build a picture of certain aspects of your life and what they may look like. If you can see it, the possibility of it becomes far greater. Create a physical journey that you shall take to accomplish goals. This can provide a visual to help boost motivation and inspiration.



The Average Perfect Day

Just write down what your average perfect day looks like. It's important to understand why your day is perfect. What is it that you see yourself doing, and who do you see yourself as? You can define characteristics or traits that you want to be bold. The more detailed you are the better, you aren't creating a step-by-step guide, but more of a guide, to help you stay on track, to teach you what to work on for this to become your new normal.