Welcome to the Dream Life Vision Worksheet!

You can use this to map out what you want for your life in each of your key life areas – such as career and calling, finances, love, friendships, wellbeing, fun and leisure.

Schedule in a time where you can be alone for 15-30 minutes. Your mission is to write down what you want your life to look like in each life area. Write your goals, desires and ideas. You can put down things like your overall life dreams, your big and small goals, and your core values and feelings. To stimulate your soul, try answering some of these questions:

• What do you want to be, do and have or experience in this life area?
• What are some dreams, projects, goals, or hobbies you’ve always wanted to pursue?
• What are some places you want to travel?
• What are some things you want to learn for your education?
• What are some things you have always wanted to try?
• How do you want to contribute or give to the world?
• What kind of things do you want to be doing on a daily basis?
• What kind of things make you feel alive and most like yourself?
• What do you love to do? What are your passions?
• If you made love and joy the focus of your life – what would you do differently?
• If you really loved, believed in and backed yourself 100%, what would you do?
LIVELIHOOD & CALLING

{For example: Your dream career, skills, business, work-life balance, office or outdoors, teamwork or autonomy, flexibility, using your gifts, mentorship, success on your terms.}
WEALTH & LIFESTYLE

{For example: Your savings balance, annual earnings, house, suburb, furniture, expendable income, groceries, gifts, donations, your definition of financial security and abundance.}
(WRITE ALL OVER ME!)

LOVE & PARTNER

{For example: Your body-mind-soul connection, shared values, how you spend your time, mutual goals and dreams, dates, adventures, how you treat each other; your dream partner;}

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FRIENDS, FAMILY & COMMUNITY

{For example: Small or large friendship group, how often do you catch up, what activities do you do, what are your shared interests, social life, family life, what does family mean to you?}
HEALTH & WELLBEING

{For example: Your health, vibrancy, energy levels, exercise routine, what do you eat, cooking, nature, walks, sleep, balance, yoga, self-care rituals, pampering, loving your body}
FUN & LEISURE

{For example: Your passions and interests, hobbies, leisure time, holidays and travel, luxuries, dining out, play, relaxing, culture, favourite things, what makes you feel joyful and alive?}
SELF-GROWTH & INNER SPIRIT

{For example: Your meditation practice, courses, books, learning, classes, philosophy, inner peace, gratitude, dreams, attitude towards life, connection with the Universe, intuition.}
Bonus exercises

Vision board
Create a dream board or vision board that captures the most important aspects and feelings of your dream life vision. You can cut out images and words from magazines and create it by hand, OR you can use a digital program like PicMonkey (a free online tool) to put together images to represent your beautiful, inspiring, authentic-to-you dream life.

Top goals
Don’t worry too much if your current reality doesn’t match your dream life vision. With the right knowledge, tools and support, you can absolutely make beautiful changes in your life, starting today. Even the biggest life changes and successes are accomplished through a series of smaller, achievable steps. The first thing you need to do is to choose where you want to focus your love and attention first. Look ahead for the next twelve months and clarify your priorities. What are your top 5-10 goals? Grab a piece of paper and write them down.

Matching beliefs
You can achieve anything you want in life – if you believe in yourself and your dreams. However, the reverse is also true. If your beliefs, thoughts and feelings contradict your dream life vision, you may prevent your dreams from appearing in your life. Your internal world needs to match, support and compliment what you want in your external world.

Example one: If you wrote down that you want to own a million dollar home, but you currently believe that it’s super hard to make money; making money requires giving up your life balance; and you always feel broke; there is a mis-match between your beliefs and your dream.

Example two: If you wrote down that you want to meet your soul mate and have a happy relationship, but you currently lack self-love; you don’t feel worthy and desirable; and you don’t feel happy and fulfilled in your own life; there is a clear mis-match blocking your dream.

Look at your dreams and think about what new beliefs would help you achieve them. Write 1-2 affirmations you can use to support your dreams.

For example: I am worthy of love. I am enough.
Congratulations, beautiful soul!

You’ve taken the first steps towards creating a life that you LOVE, that’s true to your unique inner spirit, and that makes you excited to jump out of bed in the morning. You’re amazing!

Want more help?

Do you feel confused about your purpose in life?

Do you get lost in negative thoughts and seek more happiness and peace?

Do you want a step-by-step roadmap to create your goals and dreams?

The Beautiful Life Bootcamp 6-week online course has been designed just for you.

It’s a practical guide to get unstuck and create a beautiful life you love.

Past students have described the course as truly life-changing.

Registration is open for a limited time.

Find out more at BeautifulLifeBootcamp.com.

Visit www.beautifullifebootcamp.com