

Uncover your Desires, Values, and Dreams

Answer the following questions to dive deeper into your aspirations, motivations, fears, and goals.

1. What does your ideal day look like?
2. Who are you most inspired by? Why?
3. If you could make one change in the world, what would it be?
4. What excites you?
5. What do you wish you did more of?
6. Pretend money is no object. What would you do?
7. What area of your life, right now, makes you feel the best? Which area makes you feel the worst? Why?
8. Imagine your future self: What do they look like? How do they present themselves? What are they doing? What advice do they have for you?
 - [Talk: Tara Brach - Your Future Self](#)
 - [Meditation: Tara Brach - Your Future Self](#)

What do you want to accomplish during your life?

Look at the following seven areas to **reflect** on your current life situation and status, develop your **vision and goals**, then create **action steps**. Use the information from the questionnaire above to inform your answers.

1. Health and Wellness
 - How do I want to look and feel? Why?
 - Which habits positively contribute to my health?
 - Which habits negatively effect my health?
 - What two changes can I make today to support my health and wellness?
2. Relationships: Friends, Family, and Community
 - What do I want in a partner? What will/do I bring to the relationship?
 - Do I want to be actively involved in my current family?
 - Do I want a family?
 - Do I want to actively contribute to my community (volunteering, providing a needed service, working in schools, churches, mental health facilities)?
 - What do I want my social life to be like?
3. Physical Environment: House, Geographical Location, Office Space, Neighborhood
 - Where will I live?
 - Where will I work?
 - What type of house do I want? In what type of neighborhood?
4. Work, Business, Career
 - What opportunities excite me?
 - What do I want to get good at?
 - Do I want to work closely with others or remotely? Am I introverted or extroverted?
5. Money and Finances
 - What do I want from my working life? Be my own boss, start a business, work for someone else
 - How much money do I really need?
 - Where will income come from?
6. Fun, Leisure, and Recreation
 - What will I do in my free time?
 - Do I want to take up a new hobby or learn a new skill?
 - Will I be doing things for others (charity, volunteering, caring for others)?

