



Draw a time line of your life and mark your current age with an X.

Fill in as many details as possible about your past and present, and the future you desire.

Remember the PAST

Your past reveals how events, circumstances and people shaped your personality, opinions, expectations, feelings and behaviour.

- What important things happened to you?
- How old were you?
- What and who made you what you are?
- What and who helped you?
- What and who held you back?
- How did others shape your opinions and expectations?
- How much say did you have?

Examine the PRESENT

We are powerful when we are in the present, working towards a dream of our own making.

- Where are you on your life path?
- What is your life like?
- What is working and not working for you?
- What do your relationships say about you?
- Are you doing what you're good at?
- What have you missed out on?
- Do you want your life to be the same, or better?
- Who **will** make it happen? (Only you can)

Imagine the FUTURE

Allow yourself to imagine your perfect life:

- Describe a typical day in your dream life.
- What relationships do you have and what are they like?
- What skills do you have?
- What do you know a lot about?
- Who are your friends and neighbours?
- What kind of family life do you have?
- What do you give?
- What are your achievements?
- What do you stand for?
- How are you remembered?
- Who makes it happen?
- Is your dream big enough?
- Why not ask for more?

