



# Worksheet 5

Exercises to design the life of your dreams

## Define your dream life

To do this exercise, you will need a notebook where you can write down all your ideas. Remember that you don't have to give very detailed answers if you are not sure yet. The most important thing is to identify general desires and how you want to feel.

## Answer the following questions in writing:

- Where do I want to live?
- What do I want to achieve in life?
- What do I want to experience in life?
- What style of life do I live? How do I want my daily life to look like (hobbies, work, habits)?
- How is my typical year meant to look like?
- What people do I want to be surrounded by?
- What do I do for fun and to relax?
- What values are the most important to me?
- What material things are important to me? What do I want to own?
- Do I go on holiday? If yes, how often?
- How much do I earn and what do I spend my money on?
- How do I want to look like?
- How do I want to feel?

Everything that is going on in our lives right now works in our favour because even when we experience something difficult, it gives us clarity about what we really want out of life. All this contrast in life allows us to choose and focus our attention on what we actually want.

**Therefore, when answering these questions, you can use the life contrast - what does not really suit you now and you'd like to change for the better.**



# Worksheet 5

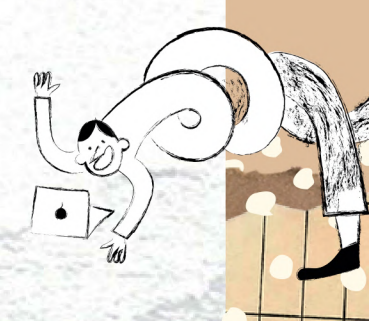
Exercises to design the life of your dreams

**NOTES:**

watch tic  
night  
atings.



way, I l



as of the island being

ompa  
omt:  
ez  
Yo  
OI  
W

om  
coti  
yo  
he  
ome  
with  
ed ce  
-ay  
nary.