

Question #1

I want you to imagine that you are financially secure, that you have enough money to take care of your needs, now and in the future. The question is...how would you live your life? Would you change anything? Let yourself go. Don't hold back on your dreams.

Describe a life that is complete, that is richly yours.

Question #2

This time you visit your doctor who tells you that you have only 5 – 10 years left to live. The good part is that you won't ever feel sick. The bad news is that you will have no notice of the moment of your death. What will you do in the time you have remaining to live?

Will you change your life and how will you do it?

Question #3

This time your doctor shocks you with the news that you have only one day left to live. Notice what feelings arise as you confront your very real mortality. Ask yourself:

What did I miss? Who did I not get to be?
What did I not get to do?

	Heart's Core	Ought To	Fun To
H A V E			
D O			
B E			

Instructions: Fill in the cells as follows: "Heart's Core" column should include things you must do for your life to have meaning; "Have" refers to possessions, "Do" covers accomplishments, "Be" covers states of existence. The "Ought To" column covers areas where you feel an obligation to have, do, or be. The "Fun To" column is for things you'd like to have, do or be. Typically issues of career, family and home appear in "Heart's Core", practical issues and obligations are in "Ought To", and travel, vacation, second homes, etc. are in "Fun To."

Typical/Current Day

Please describe hour by hour, how you spend your typical day

5 AM	
6 AM	
7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM	
10 PM	
11 PM	
12 AM	

Ideal Day

Please describe hour by hour, how you would spend your ideal day - each day of your life - if you had all the resources you need to live exactly as you would like.

5 AM	
6 AM	
7 AM	
8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM	
10 PM	
11 PM	
12 AM	

Ideal Week

Please describe hour by hour, how you would spend your ideal week- each week of your life- if you had all the resources you need to live exactly as you like.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 AM							
5 AM							
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
11 PM							
12 AM							

Typical/Current Week

Please describe hour-by-hour, how you currently spend your typical week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4 AM							
5 AM							
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
11 PM							
12 AM							

Ideal Year

Please describe month by month, how you would spend your ideal year- each month of your life- if you had all the resources you need to live exactly as you like.

January	
February	
March	
April	
May	
June	
July	
August	
September	
October	
November	
December	

Typical/Current Year

Please describe month-by-month, how you currently spend your typical year.

January	
February	
March	
April	
May	
June	
July	
August	
September	
October	
November	
December	

Goals for Your Life

	One Week	One Month	Three Months	One Year	Three Years	Five Years	Ten Years	Twenty Years	Lifetime
Work									
Family									
Relationship									
Spirit									
Community									
Creativity									
Health									

Instructions: (1) Put in your own categories in any of the blank rows. Feel free to delete or modify any of the first six categories. (2) You do not need to fill in all the cells in the table. It is best to fill in at least eight cells. (3) Each cell represents a goal that you wish to complete by the end of the timeline specified at the top of the column. (4) As you scan the blank table, move towards whatever cell "calls out" to you, and fill in a goal for that box. Put the number "1" in the corner of that box, to denote it as your top priority. Then move towards another cell that calls out to you, and fill it in with a goal, putting the number "2" in its corner. Continue in this fashion until you have completed eight or more cells. (5) Remember: this exercise is a more intuitive than rational process. Whatever goals call out to you are "the right goals." Do not try to make the collection of goals fit into a coherent pattern.

Goals for Your Life

	One Week	One Month	Three Months	One Year	Three Years	Five Years	Ten Years	Twenty Years	Lifetime
Work									
Family									
Relationship									
Spirit									
Community									
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