

free soul



Create Your Brightest Future

YOU DO CREATE YOUR FUTURE !

In a past issue the New Woman magazine reported that a group of Yale University graduating seniors were asked if they had set any specific written financial goals at the time of graduation. Only three percent had done so. About ten percent had specific goals, but hadn't committed them to paper. The rest had no specific goals.

Twenty years later, they were resurveyed.
Guess which group was the most successful?

The three percent outperformed the other 97 percent combined!

Pretty stunning, right? While it may seem that it is the act of writing down what you want that will make you succeed, the way to create a successful reality is obviously more complex. You will discover one of the hidden secrets when you imagine what compelled those 3% to write down their goals. What was their state of mind, their belief and their attitude around it? And by contrast, what will your dominant state of mind be when you design your future? Hope? Longing? Reaching for something new? Relief?

When you normally write something down yourself, why do you do it? When you go shopping, why do you write a shopping list? Probably not because you hope to find what you want to buy, nor to reach for something new... you write things down expecting, even knowing you'll be able to pull them from the shelf, put them into your shopping cart and roll them to the register to pay for. You already see yourself having them! You simply want to remind yourself not to forget what it was you wanted! That is the attitude you want to design your future with! Have fun!

How to use this worksheet:

- Start with the master dream list and then go on to the individual areas to expand and add details to your vision. Take your time!
- Pick a time at least three years into the future and write as your future self in the present tense.

MASTER DREAM LIST

Let yourself begin to feel who you really are. If you could love yourself completely, what kind of person would you be, and what would that feel like? What kind of life would you give to yourself? Free your imagination, and write about that fullest expression of “you” as you imagine yourself in a future where your dreams are coming true and you are living as joyful, healthy, prosperous, fulfilled and free as you can possibly imagine. Describe the emotions and feel them!! Allow yourself to dream big, without getting caught up in worrying how to get there ... Just let the essence of your life flow out, in words, phrases, or paragraphs.

HEALTH AND BODY DREAM LIST

Your physical dreams include of course your health, but also your conditioning, vitality, weight and nutrition...how you feed and nourish yourself. With how much love can you look at your own body? What are the different physical activities you would really like to participate in? Look at the activities that are integrated into the rhythms of your daily life, as well as the exceptional or extraordinary physical experiences you give to yourself. What is it like when you totally enjoy and celebrate living in your body?

LOVE RELATIONSHIP DREAM LIST

Describe your ideal love relationship. Identify the specific qualities you want in a mate. What do you most love about this wonderful person? Or describe the relationship to your current life partner in the most evolved way you can imagine. What is it like living life together? How do you complement each other, support each other, trust and also challenge and grow through each other? What are you grateful for, and how do you feel loved, known, and cherished?

FAMILY DREAM LIST

If you have or want children describe your ideal family. Dream up the loving and caring relationships between the members, envision what your daily life looks like, and the activities you enjoy doing together. Sense the way in which you grow together and learn from each other, and how your role as a parent evolves over time... Feel the spaciousness you are able to give to your children so they can grow to become more and more independent, while the love between you keeps being nourished.

HOME DREAM LIST

Describe the way you want your home to feel, in what way it will best serve you, what atmosphere you want it to radiate... how it supports you in all that you do inside and around it... what energy it welcomes you with when you come home. You can describe specific features as well, but always include the quality that those give to your live and how it makes you feel.

FAMILY OF ORIGIN DREAM LIST

Describe the best relationship you can imagine that you would like to have with your family of origin. If you are able to leave old patterns behind, if your parents were able to play a more enlightened part in your life, what would that be like? If you could see any shortcomings or weaknesses they have with eyes of compassion how would your interactions change?

Include siblings, if you have any, and any other family members that play a significant part on your life. This description might also include the relationship with your in-laws.

FRIENDSHIP DREAM LIST

Imagine the most enriching mixture in your social life between the friends you have, your business associates, and the community you are a part of. What do your friends love about you? What do you love about them? What do you love to do together? What kinds of events will you most enjoy?

WORK AND FINANCIAL DREAM LIST

Write about what it will be like to have the career that continually allows your greatest gifts to blossom. When you really enjoy working every day. What the people are like you work with or for. If you don't have a "job" describe your ideal vocation.

Also describe your financial dreams and goals. Have fun with the numbers, be as specific as you can, and include what this prosperity allows you to do... why you want it. Most of all in describing it pay attention how all of this makes you feel, and write that down as well.

CONTRIBUTION DREAM LIST

What are your talents, gifts, creativity, skills, or passions you are contributing? What are you giving to the world? How are you being of service to others, or how does your life have meaning? What difference do you make, what is nourished in your interactions with other people, or how much does your presence matter, and how valuable do you feel?

FUN AND ADVENTURE DREAM LIST

What fills your life with fun, joy, or adventure? What brings you great pleasure, what things are you still discovering? How much time are you giving yourself outside of work, duties and obligations? How do you create a balance between the known and the unknown parts of life?

SPIRITUALITY DREAM LIST

Write about your personal relationship with the divine as you can best imagine it... describe the spiritual, ethical and evolutionary state of your being. What would your life be like as you are living with an ongoing, real, loving and inspiring relationship with your Higher Self, your inner guides, and God-Goddess-All-That-Is, or whatever name you give to the highest power in the universe?

Suggestion:

Copy the questions of this worksheet into a word processing file on your computer, or use the rtf file I sent you. Give your file a name like “My bright Future”, or “My glorious Future”, and put the current date at the end of what you write each time, so you can more easily track your progress. Using a computer file makes it easy to continually add to and upgrade your vision, to send it by e-mail, and to print it out.