
1 YEAR PLANNING

Now, based on what you wrote above do the same exercise written in the present tense for where you imagine yourself in one year that would put you in line with reaching your five and ten year visions.

WHO IS IN YOUR LIFE? DESCRIBE THE PEOPLE AND THE QUALITY OF THE RELATIONSHIPS.

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WHAT IS YOUR PROFESSIONAL LIFE LIKE AND FINANCES?

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DESCRIBE YOUR HOME AND THE OBJECTS YOU OWN.

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DESCRIBE YOUR TRAVEL AND RECREATIONAL TIME.

WHAT DOES YOUR SPIRITUALITY LOOK LIKE?

HOW IS YOUR HEALTH AND PHYSICAL FITNESS?

WHERE ARE YOU WITH YOUR EDUCATION AND CREATIVE PURSUITS?

DRAW

Me at the end of the year!