



Exercise: Create Your Ideal Scenario for Your Life

Write your ideal scenario for **any** aspect of your life. In as much detail as you can write your ultimate fantasy for one of the following aspects of your life. Write all of this in the present tense. Use these suggested headings to guide you or choose your own.

- Work/Career
- Lifestyle/Possessions
- Relationships
- Personal/Spiritual Growth
- Physical Health

Don't censor yourself. Just write whatever comes to mind. Allow yourself to dream! Give your imagination full reign. When you complete this read it to yourself and allow yourself to picture yourself in your ideal scenario. Feel all of the attendant good feelings. Enjoy it. Know that it is possible!



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*Adapted from: *Creative Visualization* by Shakti Gawain (1985). New York: Bantam New Age Books

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