

## Life Picture Worksheet

First get centered and give your imagination space to roam. Picture your current situation objectively and write that out. In the three columns, cover the workday, the evenings, and the weekend. Include details like what you'd wear or eat. In the second row write up the kind of life you imagine having in the near future, maybe similar to what you have now but better. Lastly, write up the most ideal life you can imagine, all the things that seem impossibly appealing.

	workday	evenings	weekend
Now			
Near Future			
Most Ideal			

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