



Ideal Life *Visioning* Exercise

In the boxes below, write down your goals, wants, and desires for the key areas of your life.

<i>Health & Well-Being</i>	<i>Relationships</i>
<i>Career</i>	<i>Home</i>
<i>Finances</i>	<i>Spiritual</i>
<i>Personal Development</i>	<i>Recreation</i>