

Defining Your Ideal Life

When defining your Ideal Life, carefully consider each of the areas illustrated below. Decide which of them play a role in your Ideal Life and begin defining them in as much detail as possible. You may wish to simply jot your thoughts around the perimeter of the diagram.

The next step is to identify the short, medium and longer-term goals necessary to achieve your Ideal Life. Break large goals into more manageable 'milestones' to chart your incremental success.

