

Strategic Life Power Forms

Goals and Direction-The Ideal Life Exercise

This is a personal guide sheet to help you:

1. Become clear on where you are.
2. Define what you want.
3. Set a course in the direction that will lead you to your goals.

This guide is private and personal. You need not share it with anyone. The greatest way to benefit from this guide will be for you to use it while thinking of you and the ones you care about. You may wish to make notes on additional sheets of paper. This form has interactive fields where you may click to fill in your answers. Please contact me if you need assistance at the website below or thestrategiclifecoach@gmail.com.

To do this exercise find a place where you will not be disturbed at a time you will not be rushed. Take a few relaxed deep breaths and let the cares of the world drift away while you focus on your breathing and how you feel. This exercise is about you and your life. We want you to get in touch with your feelings to help you answer these questions in the most helpful way possible. When you are focused and relaxed proceed.

Start by thinking about what you would consider an ideal life. Where would you live? What would you do for a living? What would your family be like? What kind of relationships would you have? What would give your life a perfect purpose and meaning? Where would you travel? Where would you go and what would you do on vacation? Who would you help? What causes would you support? Where would you retire? What would it cost to support a lifestyle like that? What level of health would you have to have to enjoy living a life like that? Take a few minutes and look over this paragraph again.

Now begin to daydream about your ideal life.

Imagine a roomy and well furnished bedroom. The sun is coming up. You are waking up. Look around you and notice how the room looks. Notice how you feel. Put yourself in the scene. Imagine a movie of your perfect life and you are in the scene, but you are also the director of the movie. You make the scene. You make the movie. This is your daydream.

Notice what is different about this day from your usual day, where you wake up, how you feel, what you will choose to do today. If this day could play out anyway you want it to, how would it go? What would you eat for breakfast? Where would you eat it? In the master dining room on a large table with family all around or maybe outside where you can see the ocean from your patio? Would it be somewhere else? Alone or with someone? You create the movie. You set the rules. Finally, this is **your** life.

Where would you dine for lunch? What have you done this morning? Remember this is an ideal day, you are making this movie. Who would you share lunch with?

What would you talk about? Going boating tonight for a yacht party? Your upcoming speech at a favorite charity? How you closed a multimillion dollar sale? Would you talk about your upcoming vacation or about your children and grandchildren?

What about supper? The scene changes and it is now supper time. You are sitting down for a fabulous meal. What did you do this afternoon before you sat down for supper? At the table are you with family? Children or grandchildren? Did you play tennis or golf? Did you drive a sports car or go for the fitting of a suit for a special occasion or for a dress you are designing? Did you create a new product for your company? Did you do volunteer work or help someone by giving them a hand up? Did you spend time with your hobbies?

What will you do tonight? Spend it with family or with that special someone you love? Why not do both and see the family early and then get away for a special night?

Now you lay your head down on the pillow to sleep. What happened today to make it so special? What is different about this perfect day and your usual day? Define the gap between the two. Is it a health gap? Maybe a financial gap? Perhaps it is a relationship gap? Could it be a career gap? Is it a spiritual gap where you lack the purpose and meaning in your life to pursue your dreams? Is it a combination of gaps in several areas?

Now on this form, answer the following questions for yourself, the ones you love and for the ones that matter to you.

Question 1. If you knew you really could have your ideal life, would you take the necessary steps to have it? The answer really comes down to yes or no. Maybe doesn't count.

Your Answer:

Question 2. In which of the following areas is your current life the farthest from your ideal life?

1. Spiritual, to some extent your life lacks meaning, purpose and satisfaction.
2. Physical, you aren't healthy or fit enough to do all the things you desire.
3. Financial, you don't have the money to be what you want to be, do what you want to do and have what you want to have.
4. Relationships, you often feel alone or lack the close relationships that make life so much more.

Your Answer:

This answer to question 2 is where we begin, your biggest life gap.

Question 3. What do you want more than anything in life that you just can't seem to achieve or have?

Your Answer:

Question 4. Where are you stuck on that and just can't make progress?

Your Answer:

Question 5. What is the greatest challenge you face?

Your Answer:

90 days passes pretty quickly, but it is a long enough period of time to accomplish some important things if you are clear and focused. Think of time like money, we even talk about spending time the way we talk about spending money. The difference is once time is gone you can't get it back. You can make more money, but not more time.

Thinking back to our exercise and your answers, what would you like to accomplish in the next 90 days? Remember, our life is passing by, what are you willing to trade those 90 days to have accomplished? It could be a completed goal or to reach milestones along the way to a longer term goal. You are in charge, what do you want in exchange for spending 90 days of your life?

Your Answer:

What would it feel like to have accomplished your list of 90 day goals as you work toward your ideal life? What would it feel like to be, do and have the things you want to spend your next 90 days on. Describe how that would feel.

Your Answer:

We live in a cause and effect world. All outcomes are caused by the events that lead up to them. Another way to put this is you are getting what you are getting because you are doing what you are doing. Change what you are doing and you get different results. Keep doing the same things and you relive the last year or the yesterday over and over. Worse than that, in a changing world doing the same thing often gives us worse results as the world changes and the things that used to work no longer work.

If you want things you don't have you absolutely must do things you haven't done.

One of those things will be to get help from others. You simply can't do it all alone.

On the next page outline your plan or the road map you will follow to take the steps that will bring you the outcomes you desire. If you don't know what to do next at some point, for that step write down "find out what to do next." Use additional paper or even a notebook if necessary. A useful approach can be starting at the end and working backward until you reach where you are now, writing all of the steps down in between. You don't have to do this alone, when you need help then seek help. Make that one of your steps.

You may not realize it but you probably already have a team. You may have a team member that does your childcare, a team member that repairs your car, a team member that maintains your lawn and probably many more team members. Build a success team.

Don't overlook the value of an outside opinion and assistance from an expert. If you are not a mechanic you probably wouldn't try to repair your own car. You certainly wouldn't try to do your own dental work. If you would hire an architect to help you design your new home why not work with a life coach to design your new life?

My Plan And Road Map To Create My Ideal Life.

Your Plan:

You have a starting plan and you can go it alone or you can get help from someone that has experience and can give you the tools you need to do the job. People hire life coaches to do primarily three things:

1. To help them accomplish things they can't accomplish on their own.
2. To save them time, a life coach can help you reach your goals years, even decades faster than you can alone.
3. To help them stay on track. How often have you made a New Year's resolution and in just a few days you got so far off track you just gave up?

How quickly do you want to reach your goals and live the life of your dreams?

If you would like to explore a no obligation strategic life coaching experience on me I offer them as time permits in my schedule.

Apply for a session at my expense at www.thestrategiclifecoach.com or if you have questions you may contact me at: thestrategiclifecoach@gmail.com