

# LIFE BY DESIGN



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THE COACHING COLLECTIVE

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# INTENTION

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What does living 'life by design' mean to me?

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What are my core values?

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What are my core beliefs?

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What role do my values & beliefs play in the life that I want to design?

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# VISUALIZATION & BACKCASTING

The key to living a life by design is to be able to put yourself into the future and visualize, with some clarity, what you want your life to look like. By doing so, it gives us the ability to backcast what we need to be doing today in order to make that desire a reality.

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What are the 10 physical activities that I'd like to be able to do at age 100?

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What does my life look like in 25 years?  
How old will I be?  
What will the date be?

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# VISUALIZATION & BACKCASTING

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What does my life look like in 15 years?

How old will I be?

What will the date be?

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What does my life look like in 5 years?

How old will I be?

What will the date be?

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# SHOWING UP AS YOUR FUTURE SELF

Close your eyes and imagine your future self as if you are living that life.

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How does my future self show up?

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What does my future self value?

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What does my future self spend time on?

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What does my future self spend money on?

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# SHOWING UP AS YOUR FUTURE SELF

Close your eyes and imagine your future self as if you are living that life.

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What does my future self spend energy on?

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How closely aligned is my current self to my future self?

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What do I need to change in order to start showing up as my future self today?

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Why is it important to me to achieve these results?

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# 1 YEAR VISION BOARD

PHYSICAL

EMOTIONAL

MENTAL

PURPOSE

SOCIAL

JOY

FINANCIAL

ENVIRONMENT

# 10 MOST IMPORTANT DAILY HABITS

HABITS

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