



THE WELL LIFE CHOOSE YOUR PRIZES WORKSHEET

YOUR TRUE DESIRES

1. WHAT ARE YOU LONGING FOR MOST IN LIFE?

2. WHEN YOU'RE AT THE END OF LIFE, WHAT DO YOU WANT TO HAVE ACCOMPLISHED?

3. IF YOU KNEW YOU HAD ONE YEAR LEFT TO LIVE, WOULD THERE BE ANYTHING YOU'D WANT TO FIX OR CLEAN UP?

4. WHAT ARE YOU READY TO LET GO OF – HABITS, ATTITUDES, OBLIGATIONS, BELIEFS, OUTDATED GOALS, ETC. – THAT IS NOT SERVING YOU?

5. WHAT DO YOU WANT TO EXPLORE MORE DEEPLY?

6. WHAT WOULD MAKE LIFE FEEL RIDICULOUSLY FUN?

7. WHAT FEELS REALLY NOURISHING IN YOUR LIFE?

8. OF ALL THE THINGS YOU'VE DONE OR ACCOMPLISHED IN YOUR LIFE, WHAT HAS GIVEN YOU THE DEEPEST SENSE OF FULFILLMENT? WHEN HAVE YOU BEEN MOST PROUD OF YOURSELF?

9. WHERE DO YOU FIND YOURSELF NOT BEING FULLY "PRESENT" IN YOUR LIFE, OR NOT PARTICIPATING FULLY?



LIVELIHOOD, CAREER, AND INFLUENCE

PROJECTING THREE YEARS INTO THE FUTURE OF YOUR MOST POWERFUL DREAMS, CONSIDER THESE DETAILS ABOUT HOW YOU EARN MONEY, THE WORK YOU DO, AND THE NATURE OF YOUR INFLUENCE ON THE WORLD. ANSWER ALL THE QUESTIONS FROM THIS PERSPECTIVE.

1. WHAT DOES YOUR BUSINESS/CAREER LOOK AND FEEL LIKE?

2. HOW MUCH MONEY DO YOU MAKE? WHAT OTHER BENEFITS DO YOU GET?

3. HOW DO YOU FEEL WHEN YOU GET UP IN THE MORNING TO START YOUR WORKDAY (EVEN IF THIS WORK ISN'T HOW YOU EARN MONEY)?

4. WHAT DO PEOPLE SAY ABOUT WHAT YOU DO? HOW IS YOUR REPUTATION?

5. WHO (WHAT KINDS OF PEOPLE) DO YOU WORK WITH?

6. WHAT IS YOUR ULTIMATE VISION FOR THE FINANCIAL LIFE YOU'RE HEADED TOWARD (INCOME, INVESTMENTS, SAVINGS, ETC.)?

7. WHAT SORT OF INFLUENCE DO YOU HAVE ON YOUR COMMUNITY? WHAT VALUE DO YOU BRING TO THE WORLD?

8. HOW DO YOU FEEL ABOUT PAYING BILLS, TAXES, OR UNFORESEEN EXPENSES?

9. HOW DO YOU FEEL WHEN YOU CHECK YOUR BANK ACCOUNT?

10. HOW DO YOU SPEND YOUR MONEY IN WAYS THAT MAKE YOU FEEL YOU'RE HAVING A POSITIVE IMPACT?

RELATIONSHIP AND FAMILY

PROJECTING THREE YEARS INTO THE FUTURE OF YOUR HAPPIEST DREAMS, CONSIDER THESE DETAILS ABOUT HOW YOU WANT YOUR LOVE RELATIONSHIP AND FAMILY LIFE TO BE. ANSWER ALL THE QUESTIONS FROM THIS PERSPECTIVE—AS IF YOU HAVE ALREADY ATTAINED THIS.

1. DESCRIBE YOUR PRIMARY LOVE RELATIONSHIP.

2. IN THIS IDEAL RELATIONSHIP, WHAT DO YOU GIVE, RECEIVE, CREATE, AND EXPERIENCE TOGETHER? CONSIDER ALL THE REALMS OF YOUR RELATIONSHIP, INCLUDING LOVE, INTIMACY, FRIENDSHIP, SUPPORT, PLAY, ETC.

3. HOW DO YOU FEEL WHEN YOU'RE TALKING WITH YOUR PARTNER? WHEN YOU'RE EXPRESSING SOMETHING THAT MATTERS TO YOU OR MAKES YOU FEEL VULNERABLE?

4. HOW DO YOU GROW THROUGH BEING IN THIS RELATIONSHIP?

5. IN YOUR IDEAL FAMILY LIFE, HOW DOES IT FEEL WHEN EVERYONE IS HOME TOGETHER?

6. WHAT DO YOU AND YOUR FAMILY MEMBERS DO TOGETHER?

7. WHAT ARE FAMILY CONVERSATIONS LIKE? HOW DOES YOUR FAMILY RESPOND WHEN YOU SPEAK FROM YOUR HEART ABOUT SOMETHING THAT IS VERY IMPORTANT TO YOU?

8. HOW DOES THE FAMILY RESPOND IF SOMEONE HAS A PROBLEM?

9. WHAT ARE HOLIDAYS LIKE TOGETHER?



COMMUNITY CONNECTION

PROJECTING THREE YEARS INTO THE FUTURE OF YOU AT YOUR MOST ENGAGED, CONSIDER THESE DETAILS ABOUT HOW YOU WANT YOUR COMMUNITY TO BE. ANSWER ALL THE QUESTIONS FROM THIS PERSPECTIVE—AS IF YOU HAVE ALREADY ATTAINED THIS.

1. WHAT ARE YOUR FRIENDSHIPS LIKE? WHAT DO YOU DO TOGETHER?

2. HOW PROMINENTLY DO YOUR FRIENDS FIGURE INTO YOUR EVERYDAY LIFE? HOW OFTEN DO YOU GET TOGETHER?

3. HOW ARE YOUR CONVERSATIONS? ARE YOU ABLE TO SHARE ON ALL MATTERS THAT CONCERN YOU?

4. HOW DO YOUR FRIENDS RESPOND WHEN YOU'RE HAVING A DIFFICULT TIME?

5. HOW DO YOU AND YOUR FRIENDS SUPPORT EACH OTHER?

6. WHAT NEEDS OF YOURS ARE MET BY YOUR FRIENDSHIPS?

7. DESCRIBE YOUR COMMUNITY, INCLUDING HOW YOU ENGAGE WITH IT, WHAT VALUE YOU BRING TO IT, AND HOW YOU'RE NOURISHED AND SUPPORTED BY IT.



PHYSICAL WELLNESS

PROJECTING THREE YEARS INTO THE FUTURE OF YOUR MOST HEALTHY AND VIBRANT SELF, CONSIDER THESE DETAILS ABOUT HOW YOU WANT YOUR BODY, ENERGY, AND OVERALL HEALTH TO BE. ANSWER ALL THE QUESTIONS FROM THIS PERSPECTIVE—AS IF YOU HAVE ALREADY ATTAINED THIS.

1. DESCRIBE YOUR BEAUTIFUL BODY.

2. HOW DO YOU FEEL IN YOUR BODY WHEN YOU WAKE UP IN THE MORNING?

3. HOW DO YOU FEEL IN YOUR BODY AT THE END OF A LONG DAY?

4. HOW IS YOUR RELATIONSHIP WITH EXERCISE, AND WHAT DO YOU DO TO KEEP YOUR BODY IN GOOD SHAPE?

5. HOW DO YOU FEED YOUR BODY? WHAT DO YOU EAT AND HOW DO YOU EAT?

6. HOW IS YOUR ENERGY?

7. HOW IS YOUR SLEEP?

8. HOW DOES IT FEEL WHEN YOU TAKE A DEEP BREATH?

9. HOW ARE YOUR STRENGTH AND FLEXIBILITY?

10. HOW DO YOU FEEL ABOUT AGING?

11. IF YOU USED TO HAVE ANY HEALTH PROBLEMS, WHAT HAS HAPPENED WITH THESE?



CREATION, EXPLORATION, AND PLAY

PROJECTING THREE YEARS INTO THE FUTURE OF YOUR MOST FUN AND FASCINATING DREAMS, CONSIDER THESE DETAILS ABOUT HOW YOU WANT TO BE ENGAGING AND EXPRESSING YOURSELF CREATIVELY, INTELLECTUALLY, AND PLAYFULLY. ANSWER ALL THE QUESTIONS FROM THIS PERSPECTIVE—AS IF YOU HAVE ALREADY ATTAINED THIS.

1. WHAT PERCENT OF YOUR LIFE IS RESERVED FOR PLAYING, EXPLORING, AND CREATING?

2. HOW MUCH DO YOU TRAVEL AND TO WHERE?

3. WHAT FORMS OF CREATIVE EXPRESSION DO YOU ENGAGE IN (PAINTING, DRAWING, SCULPTING, GARDENING, SINGING, PLAYING AN INSTRUMENT, WRITING, ACTING, PHOTOGRAPHY, DANCING, BUILDING, SEWING, ETC.)?

4. HOW IS YOUR LIFE AFFECTED BY PRIORITIZING CREATIVE EXPRESSION, EXPLORATION, AND PLAY?

5. WHAT FORMS OF PLAY AND EXPLORATION DO YOU ENGAGE IN, AND HOW OFTEN?

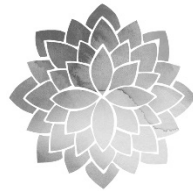
6. WHO ELSE DO YOU INVOLVE IN YOUR CREATIVE AND PLAYFUL ENDEAVORS AND WHAT ROLE DO THEY PLAY?

7. DO YOU HAVE A SPACE JUST FOR DOING YOUR CREATIVE THING? WHAT'S IT LIKE?

8. WHAT FORUMS DO YOU HAVE FOR EXPLORING THE TOPICS YOU'RE PASSIONATE ABOUT WITH OTHERS?

9. WHAT FASCINATES YOU?

10. IN WHAT WAYS IS YOUR LIFE BEAUTIFUL, AND HOW DO YOU LIVE IT IN A BEAUTIFUL WAY?



PSYCHOLOGICAL AND SPIRITUAL HEALTH

PROJECTING THREE YEARS INTO THE FUTURE OF YOUR MOST LUCID AND UPLIFTING DREAMS, CONSIDER THESE DETAILS ABOUT HOW YOU WANT TO BE THINKING, FEELING, AND CONNECTING. ANSWER ALL THE QUESTIONS FROM THIS PERSPECTIVE—AS IF YOU HAVE ALREADY ATTAINED THIS.

1. FOR WHAT PERCENTAGE OF YOUR WAKING LIFE DO YOU FEEL HAPPY?

2. DESCRIBE YOUR OUTLOOK ON LIFE AND THE QUALITY OF YOUR THOUGHTS.

3. WHAT PERCENTAGE OF YOUR COMMUNICATIONS COME FROM A PLACE OF TRUTH AND LOVE? AND HOW DOES THIS AFFECT YOU AND OTHERS IN YOUR LIFE?

4. HOW DO YOU FEEL AND RESPOND DURING CHALLENGING TIMES?

5. DO YOU TRUST YOURSELF TO MANAGE WHATEVER MIGHT HAPPEN?

6. WHAT PERCENTAGE OF YOUR LIFE IS SPENT IN A PEACEFUL STATE?

7. IN WHAT WAYS DO YOU EXPRESS LOVE TO OTHERS, TO THE WORLD, TO YOUR HIGHER POWER?

8. HOW IS YOUR LIFE AFFECTED BY YOUR CULTIVATING A MORE PEACEFUL AND LOVING EXPERIENCE?

9. HOW DO YOU CONNECT TO YOUR HIGHER SELF, GOD, OR THE UNIVERSE? AND WHAT DOES IT FEEL LIKE?

10. HOW DO YOU FEEL ABOUT THE STATE OF THE WORLD AND YOUR PLACE IN IT?

11. HOW IS YOUR SELF-ESTEEM?

12. HOW DO YOU FEEL ABOUT THE NEW DAY WHEN YOU WAKE UP IN THE MORNING?

13. HOW DO YOU FEEL ABOUT DYING?
