



Imagine for a moment that life doesn't "happen to you." That the choices you have made in the past, have led you to where you are today. That you are exactly where you have chosen to be. Uncomfortable isn't it?

Most people move through life unconsciously. They react to life, to circumstances, to people and things that happen.

They don't actively construct the life that they want. They don't respond to what is happening with conscious thinking and move through it with a goal in mind. They are victims of life. Life happens **"to"** them. This is not to say that all life needs to be happy, fluffy and that nothing bad ever happens. It is **HOW** we choose to respond that generates the life we live.

In my experience as a Coach, if the **WHY** is big enough, the steps in between are easier. And we all want it to be easy, don't we?

So lets figure out your "WHY".

Each of us has an "ideal self" that we would like to be. The person we constantly measure ourselves against. The ideal that we continually compare ourselves to.

If you could be the best version of you, who would that **be?**

Write down 5-10 words that describe this ideal person



What would that person **do**?

Write down 5-10 words that this person does.

What would that person **have**?

Write down 5-10 things that this person would have.

If you were living your ideal average day....Not a fanciful, holiday day, but your average, every day, boring day that you **could** live every day for the rest of your life...

- Where would you live?

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- What would your house look like?

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- What time would you get up? \_\_\_\_\_

- What would make you get out of bed?

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- How long would you spend in the shower?

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- What clothes would you be wearing?

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- What would you have for breakfast?

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- Who would be with you? Who else?

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- What would you talk to them about?

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- What would they be wearing?

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- Why would you leave the house each day?

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- Where would you be going?

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- What would the boring stuff look like?

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- What car would you be driving?

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- What do you spend the first half of the day doing?

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- How would you feel about that?

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- How would you be holding your body?

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- What would give you purpose each day?

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- What do you spend the second half of the day doing?

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- What time would you come home?

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- Who would be there?

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- What would you talk about?

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- Who are your friends?

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- What would you talk to them about?

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How would they make you feel?

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- What would you have for dinner?

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- What would you do after dinner?

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- What do you do to for personal fulfilment?

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- What makes you feel great?

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- How often do you do that?

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- What life purpose are you striving towards?

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- What new things are you learning?

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- What time would you go to bed?

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