



Your Ideal Life Instruction Manual

Picture the scene. Some time in the not-too-distant future, you are living your ideal life—that version of your life that you developed using the [Wheel of Life exercise](#). You run into a friend who you haven't seen since you were living the life that you currently have. You catch up over a coffee, and when she asks how you're doing, you tell her. You describe your ideal life.

Your friend replies, 'That's amazing! How did you get there?'

You say: 'Here's what I did.'

What do you say next? Write it down. This is your instruction manual for realising your ideal life.

To help inspire you, here are some prompts. What replaces the dots?

'I realised I needed to overcome ...'

'I stopped caring about ...'

'I found the courage to ...'

'I decided I was no longer going to put up with ...'

'I realised that everything else would be easier if I ...'

'The very first thing I needed to do was ...'

'I asked for support from ...'

'I made it a priority to ...'

'I stopped avoiding ...'

'I drew inspiration from ...'

Happy planning!