



2025 Dream Life

Instead of thinking about what you want to do or accomplish, think about how you want to feel. List 3 descriptive words about the way you want to feel in 2025 and what those words mean to you.

1.

2.

3.

Take the first word on your list. What about your current mindset, situation, or reality needs to change in order to feel that way often?

Do the same exercise with the second word on your list.

Do the same exercise with the third word on your list.

Did you notice any overlap between the three? Pay particular attention to changes that are within your control. How can you take your power back by making some of these changes?

Are any of these things you've known you need to change for a long time but haven't? What do you think is holding you back and why?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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