

## Imagine a Future...

Describe your ideal life 3-5 years from now—the boldest vision you can imagine, even if it feels far off. Ask yourself: What do I truly want from life? What skills will I master? Which habits should I drop or build? What will my health and social life look like? How will I spend leisure time? What kind of family life do I want? Where will I be in my career and financially? What traits do I admire and want to grow into? What would I do if I had no fear? What kind of person will I grow into? Start by freewriting before refining your answer below.

This image shows a single page of primary-ruled paper. It features multiple sets of horizontal lines across the page. Each set consists of a solid top line, a dashed midline, and a solid bottom line, providing a guide for letter height and placement. The paper is otherwise blank, with no text or other markings.

## 12 Week Potential

Imagine how your life will change over the next twelve weeks. Aim for progress that feels bold but within your reach. What fears will you face head-on? What talents will you grow? What knowledge will you seek out? What routines will help—or hold you back? Who will you spend time with? How will you relax or have fun? What kind of home life do you want? What will change at work or with money? How will you evolve as a person? Who are you choosing to become?

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