

Activity 1.1

How do I want my life to be?



The best way to connect with what we want is to visualise it. By creating a strong image and evoking our senses as we do so, we can bring what we want to life in a way that is meaningful to us.

You can do that by answering the following questions:

When you visualise that ideal life, as if you were living it today, what do you see?

Think about:

- Are there different locations that come to mind? Home? Work? Recreation?
- Where are you? Describe your surroundings.
- What can you see from where you're standing?
- Who is there with you?

When you visualise that ideal life, as if you were living it today, what do you hear?

Think about:

- Are there voices? Whose are they?
- What words are being spoken? In which language? What is their tone? What emotion do they convey?
- Are there sounds from your surroundings? Or silence? Is there traffic? Are you in nature?

When you visualise that ideal life, as if you were living it today, what do you feel?

Think about this in two separate ways - emotionally & physically:

- *What emotions do you have? How strong are they? What's causing them?*
- *Can you feel anything from your surroundings? The weather on your skin? The temperature?*
- *Does your body have contact with any surface? How does it feel? Warm? Cool? Comforting?*

*As an alternative, consider what you **don't** want in your ideal life:*

- *What places don't you want to have to go to?*
- *Which people (specifically or a 'type' of person) would you want to avoid or minimise?*
- *What feelings would you like to eliminate?*
- *Which sounds do you no longer want to hear?*

Summarise the key themes from this activity: