



Close your eyes and imagine one specific goal you would like to achieve. Ask yourself the questions to help evoke real emotion behind your vision.

Answer these questions as if you are living in 3-5 years time and your goals have already been achieved!

Questions to help you visualise

1. Where do you live?
2. Describe in detail what your house looks like and the area where you live. What are your surroundings like?
3. Where do you spend most of your free time?
What's your favourite thing to do?
4. What people do you have around you in both your personal and working life?
5. What are you proud of?
6. Describe the steps you took to get to where you are.
7. Would you do anything differently?
8. Enjoy the feelings. They feel good!