Exercise: Visualizing a meaningful life

Goal

You will gain a clearer understanding of what you want from your life. You will also identify things you can start working toward.

Instructions

Think about what you would like your life to be like in the future. What would you like to do? How would you spend your days? What would you do in your free time? What positive things would your life include?

Let your imagination flow freely and write down your dreams. These dreams and the items you list can be big or small, depending on your circumstances.

My life in the future:

For example: “I meet an old friend.”

After the exercise

Now take a moment to think about what is preventing you from living as you just envisioned. Is there anything you imagined that you could start working toward?

Think about what other possibilities could you explore. What things would enrich your life?