



THE Possibility MOM

CHAPTER 6

YOUR IDEAL LIFE

STEP 1: Brainstorm

In this exercise we are going to dream up your most ideal life, the kind of life that you would be exhilarated to live if you had no limitations. On this page, brainstorm some activities in your life you wish you could do more of, and do less of.

Do more of this:

Do less of this:



YOUR IDEAL LIFE

*I am a... / I contribute to the world by... / I make a difference in the world with...
I use my gifts in... in order to... / I help... to... so that they can...*



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Children

I am the kind of mother that... / My kids think I am... / I am able to do... with my children regularly. / I am a mom who...

Marriage

I am a wife who is... / I support my spouse by... / I am known to be... / My partner thinks I am... / I am committed to,,,



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Spiritual

I believe... / I fought for... / I make it a priority to... / I taught others that...
I know.... to be true.

Physical

I make... a priority. / I enjoy... / I strive to be... / I know that when I invest in... I
get... in return. / I eat...



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Friendships

I am the kind of friend who... / I make time for... / I remember...
My friends say... / I create...

Location

I live... / I travel... / My house is a... / I enjoy... / I am not... / I am able to...
I create... / You can find me...



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Other

My life is...