**Find your Future Life**

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If you could do anything, what would you most want to do deep down?

Do you spend your time doing what you think you are expected to do rather than what you would like to do?

**To get you started you could try this activity.**

*Find a quiet space and try to find some answers for yourself.*

Focus on the passion and enjoyment rather than practical barriers. Open your mind to possibility even if it seems really difficult. Relax and see what comes into your mind naturally.

Be open to ideas that take you out of your comfort zone. Accept your ambitions without worrying about problems and difficulties. Some things may seem impossible or too frightening to consider. Don’t let that stop you from considering them.

1. What are you interested in, what are you curious to know more about? What makes you feel enthusiastic when you think about it?
2. If you could do absolutely anything what would it be?
3. Ask yourself what you would do if time or money were no object?
4. Find out what drives you. Which aspects of life are absolutely most important to you?

It could be - making money / having a nice house/ helping people/ feeling appreciated/ having adventure and challenge/ or maybe having more leisure / time with the family/ having an important job/ *anything else that is important to you*

What are yours? …………………………………….

1. Take yourself forward to a time when you are really old. You could be sitting on a rocking chair. Looking back on your life what would you like to have happened? When you look back what was it that was important to you?

**Review your present life**

Think about your answers to the questions above.

1. What has this activity told you about yourself?
2. Which aspects of your life are satisfying currently?
3. What is missing from your life?
4. What could you do about this?
5. What are your next steps?

**Contact me** to find out how I can support you to find your future. **Sarah Howarth Click here** [**www.realchangecoachingSH.com**](http://www.realchangecoachingSH.com)