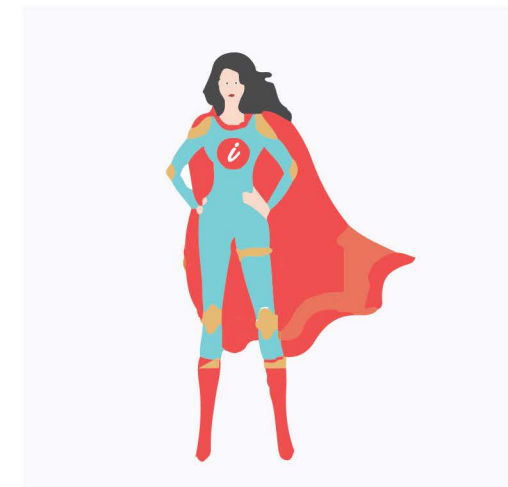




# DESIGN YOUR IDEAL LIFE



WITH 12 INSPIRING WORKSHEETS FROM [IDEALME.COM](https://www.idealme.com)



today is a perfect day

to start living

your dreams





SECTION A

# imagine

*What does your ideal life look like, and WHO do you aspire to be?*

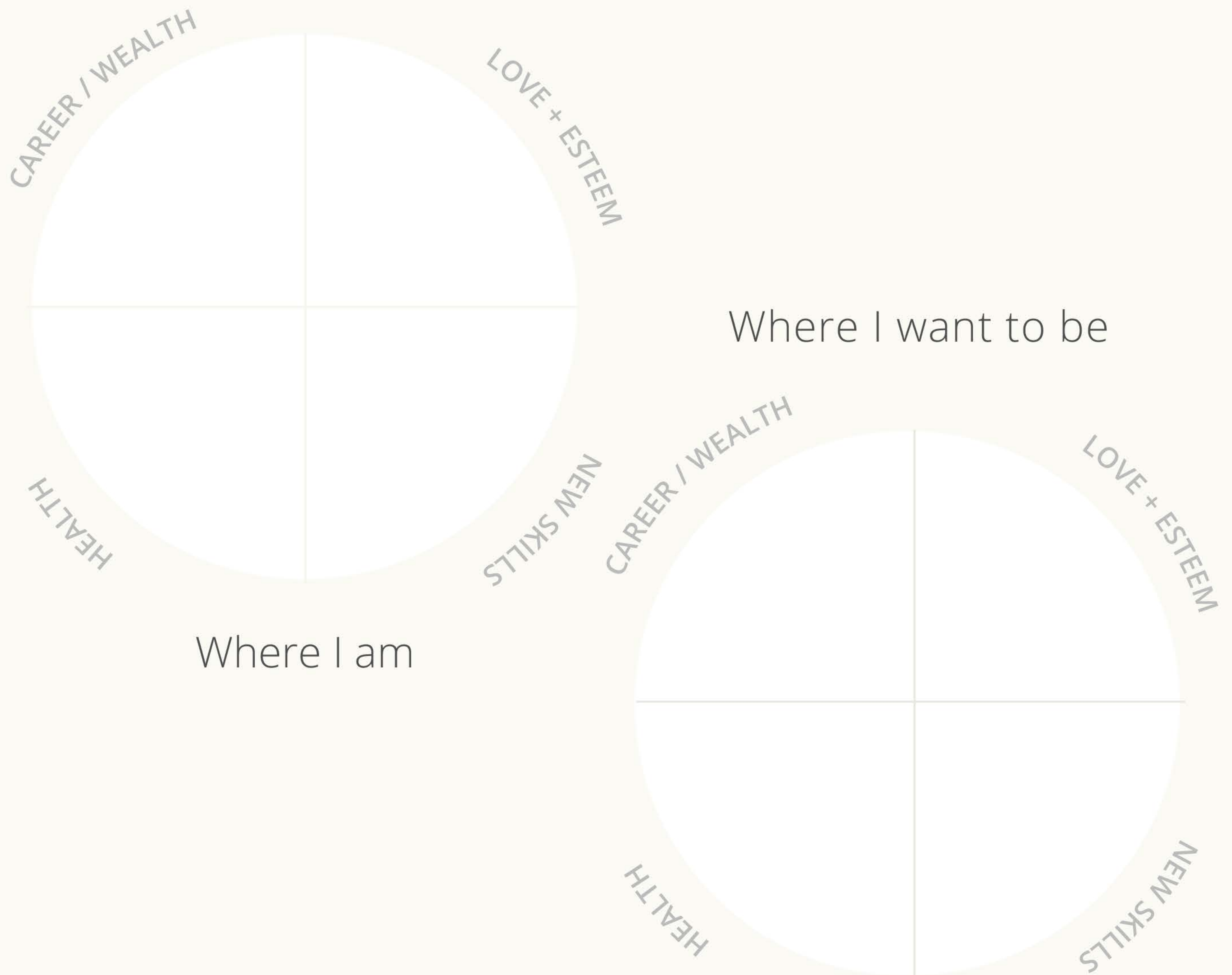
*In this section, you'll unlock your deepest desires, so you can connect with your Ideal Me vision.*

*Have fun, and let your mind run free with possibilities!*



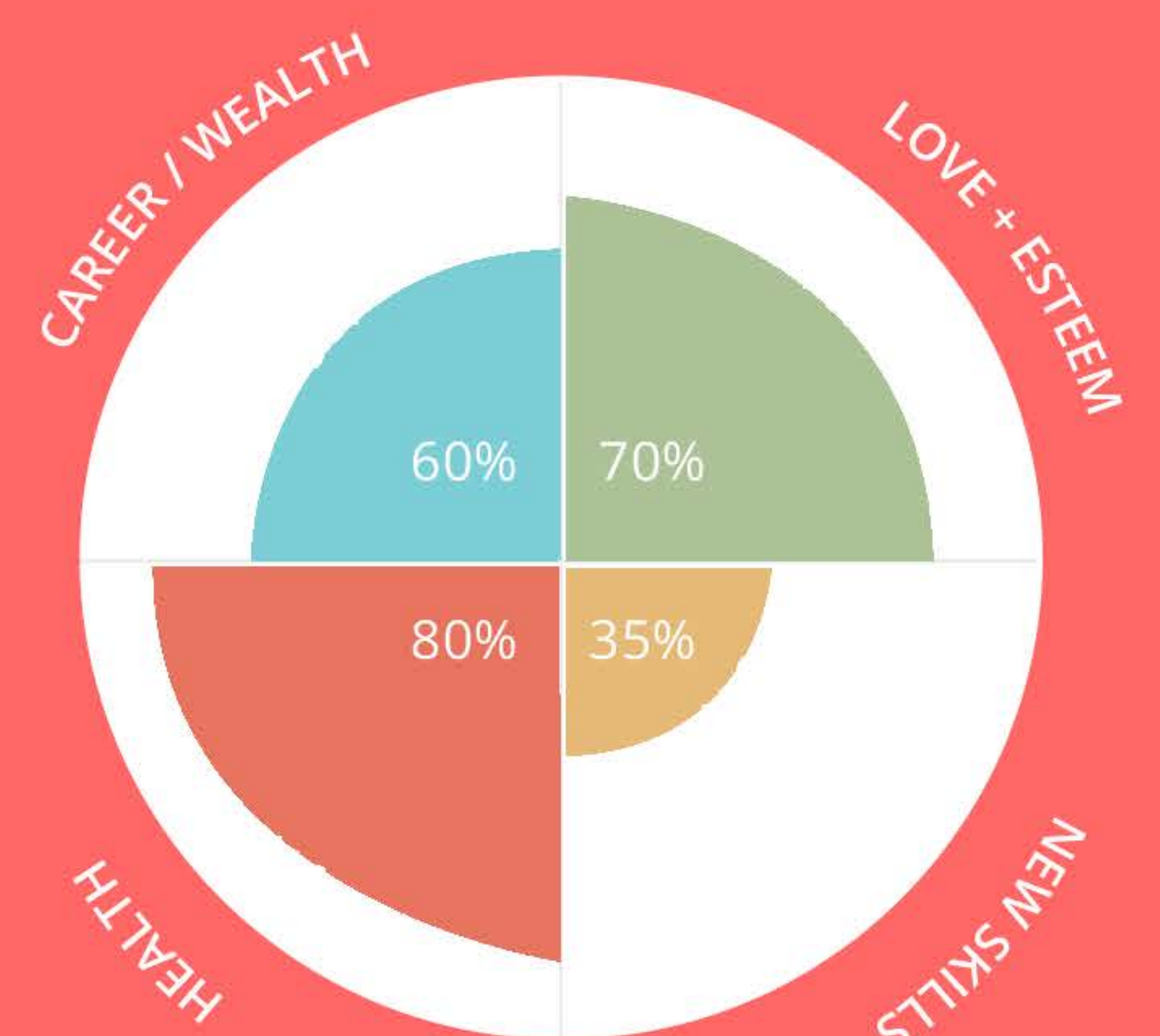
# Life Balance

*How balanced is your life?*



## Instructions

1. For each life category, rate your satisfaction from 1 to 100% (100% = completely satisfied).
2. Draw a line within the pie to show how much pie has been filled up. The outer edge is 100%. Shade in the areas.
3. Now imagine this is a wheel. How well will it roll? If it isn't round or close to round it will tip over, right? You can see the life areas you need to focus on in order to feel balanced.





# What makes me *happy*?

*List 5 of each*



*People*

*Hobbies*

*Foods*

*Things*

*Memories*

*Songs*



*Be anything...*

*Live anywhere...*

*Achieve anything...*



# Vision Board



*Place stickers, photos and cut-outs  
that represent your Ideal Me here.*



DREAM

BIG





SECTION B

# focus

*It's time to write down specific short- and long-term goals to bring your Ideal Me to life.*

*This section will help you focus on your next steps, and identify what you need to maximize your success.*

*Grab a pencil, and dive in!*



# Ideal Career Plan



## In 1 year...

Describe in detail your full position, hours, responsibilities and industry:

What training, skills, experience, resources and action steps do you need to reach your goal?

Describe the first three steps you need to pursue this outcome:

How will you know when you have achieved this goal? Is it a title? Responsibilities? Pay? Profit?

## In 3-5 years...

Describe in detail your full position, hours, responsibilities and industry:

What training, skills, experience, resources and action steps do you need to reach your goal?

Describe the first three steps you need to pursue this outcome:

How will you know when you have achieved this goal? Is it a title? Responsibilities? Pay? Profit?

## In 10 years...

Describe in detail your full position, hours, responsibilities and industry:

What training, skills, experience, resources and action steps do you need to reach your goal?

Describe the first three steps you need to pursue this outcome:

How will you know when you have achieved this goal? Is it a title? Responsibilities? Pay? Profit?



# ideal me

## To do list

1. \_\_\_\_\_  done!  no rush
2. \_\_\_\_\_  done!  no rush
3. \_\_\_\_\_  done!  no rush
4. \_\_\_\_\_  done!  no rush
5. \_\_\_\_\_  done!  no rush
6. \_\_\_\_\_  done!  no rush
7. \_\_\_\_\_  done!  no rush
8. \_\_\_\_\_  done!  no rush
9. \_\_\_\_\_  done!  no rush
10. \_\_\_\_\_  done!  no rush
11. \_\_\_\_\_  done!  no rush
12. \_\_\_\_\_  done!  no rush



# ~ Top 3 goals ~

## GOAL 1

*I want to achieve this by:*

*Achieving this means:*

*I'd do:*

*I'd have:*

*I'd be:*

*I'll know I'm on track if:*

*I'll measure progress by:*

*Steps I can take TODAY:*

*Steps I can take TOMMOROW:*

## GOAL 2

*I want to achieve this by:*

*Achieving this means:*

*I'd do:*

*I'd have:*

*I'd be:*

*I'll know I'm on track if:*

*I'll measure progress by:*

*Steps I can take TODAY:*

*Steps I can take TOMMOROW:*

## GOAL 3

*I want to achieve this by:*

*Achieving this means:*

*I'd do:*

*I'd have:*

*I'd be:*

*I'll know I'm on track if:*

*I'll measure progress by:*

*Steps I can take TODAY:*

*Steps I can take TOMMOROW:*



*What i want  
what i need  
and why...*



1. I want / need \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_.

2. I want / need \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_.

3. I want / need \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_.

4. I want / need \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_.

5. I want / need \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_.

6. I want / need \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_.

7. I want / need \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_.

8. I want / need \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_.

9. I want / need \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_.

10. I want / need \_\_\_\_\_ because \_\_\_\_\_  
\_\_\_\_\_.



THE FUTURE  
AWAITS THOSE  
WITH THE  
COURAGE  
TO CREATE IT





## SECTION C

# accomplish

*We've put together a few fun resources to help you stay in your ideal me "zone".*

*Pick the ones that speak to you, and hang them up on your wall for daily inspiration.*



# Your Ideal Day

## Your regular day

7:00 am
8:00 am
9:00 am
10:00 am
11:00 am
12:00 pm
1:00 pm
2:00 pm
3:00 pm
4:00 pm
5:00 pm
6:00 pm
7:00 pm
8:00 pm
9:00 pm
10:00 pm

## Ideas

1. Is there any wasted time that you could spend better?

2. Are there any daily obligations you can outsource?

3. Could a change of career get you closer to your ideal day?

4. Can you combine two tasks (like your commute and exercise goals) to free up more time?

## Your Ideal Day

7:00 am
8:00 am
9:00 am
10:00 am
11:00 am
12:00 pm
1:00 pm
2:00 pm
3:00 pm
4:00 pm
5:00 pm
6:00 pm
7:00 pm
8:00 pm
9:00 pm
10:00 pm



# WORDS TO LIVE BY

A PAGE DEDICATED TO YOUR FAVORITE "QUOTES"





# GAMIFY YOUR LIFE!



## RULES OF THE GAME

Assign positive points for the good habits you want to accomplish and negative points for your guilty pleasures. Each day keep track of your score, and try to keep it above zero.

### ★ GOOD HABITS

POINTS

--	--

### ! GUILTY PLEASURES

POINTS

--	--

### SCOREBOARD ...

*Activities*

POINTS

--	--





# Communicate *your* values

Circle the top 7 values that mean the most to you.

Accomplishment, Success  
Accountability  
Accuracy  
Adventure  
All for one & one for all  
Beauty  
Calm, quietude, peace  
Challenge  
Change  
Charity  
Cleanliness, orderliness  
Collaboration  
Commitment  
Communication  
Community  
Competence  
Competition  
Concern for others  
Connection  
Content over form  
Continuous improvement  
Cooperation  
Coordination  
Creativity  
Customer satisfaction  
Decisiveness  
Determination  
Delight of being, joy  
Democracy  
Discipline  
Discovery  
Diversity  
Dynamism  
Ease of Use  
Efficiency  
Enjoyment  
Equality  
Excellence  
Fairness  
Faith  
Faithfulness  
Family  
Family feeling  
Flair  
Freedom, Liberty

Friendship  
Fun  
Generosity  
Gentleness  
Global view  
Goodwill  
Goodness  
Gratitude  
Hard work  
Happiness  
Harmony  
Health  
Honor  
Human-centered  
Improvement  
Independence  
Individuality  
Inner peace, calm, quietude  
Innovation  
Integrity  
Intelligence  
Intensity  
Justice  
Kindness  
Knowledge  
Leadership  
Love, Romance  
Loyalty  
Maximum utilization  
(of time, resources)  
Meaning  
Merit  
Money  
Oneness  
Openness  
Other's point of view, inputs  
Patriotism  
Peace, Non-violence  
Perfection  
Personal Growth  
Perseverance  
Pleasure  
Power  
Practicality  
Preservation

Privacy  
Progress  
Prosperity, Wealth  
Punctuality  
Quality of work  
Regularity  
Reliability  
Resourcefulness  
Respect for others  
Responsiveness  
Results-oriented  
Rule of Law  
Safety  
Satisfying others  
Security  
Self-givingness  
Self-reliance  
Self-thinking  
Sensitivity  
Service  
(to others, society)  
Simplicity  
Skill  
Solving Problems  
Speed  
Spirit, Spirituality in life  
Stability  
Standardization  
Status  
Strength  
Succeed; A will to-  
Success, Achievement  
Systemization  
Teamwork  
Timeliness  
Tolerance  
Tradition  
Tranquility  
Trust  
Truth  
Unity  
Variety  
Well-being  
Wisdom



never

stop

improving



APPENDIX

# recommended

*Discover quality resources to help you achieve your goals! (All products are 100% guaranteed, and backed by the Ideal Me Seal.)*

*Master Your Time  
Sleep Hacking  
Thin & Healthy  
Brew Your Own Beer*



COUPON CODE: DREAM



GO

*go*

GO!





Ready for some me time?

IDEALME.COM

