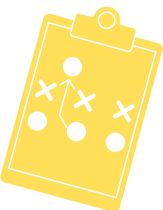




# Live Your Future: Write a Story about Your Dream Life in 2025

In this coaching exercise, you are going to write a story that details the future you truly desire. Make the time and space you need to let your creative juices flow (I like to sit on my deck with a hot cup of tea). This is your desired future, so be brutally honest and THINK BIG!!  
Put on your Futurist Hat and have FUN!

**Pretend it is the year 2025, and you are living your dream life.  
Describe your dream future, in vivid detail, using the space below:**



Coaching Tips: Add creative details by engaging your senses and asking yourself open-ended questions. What do you want to see, feel, taste, smell, sense and experience in your dream future? What future accomplishments are you celebrating?? Use your intuition, words, pictures and colors to get your creative juices flowing!