



LESSON THREE:
DESIGNING YOUR DREAM CAREER AND LIFE NOW

DESIGNING MY DREAM LIFE WORKSHEET

By BUCKETLIST BOMBSHELLS®

In this season of your life, it might feel overwhelming to dream - the unknown can feel scary. But without a vision for yourself, you're going to lack clarity for how to move forward. Maybe you're the type of person who is actually excited to create a vision but then you get frustrated because you don't know how to make it happen. Maybe you're new to this idea of creating a vision because you've always played it safe and stayed in your comfort zone.

A vision is a picture or idea that you have in your mind of yourself, your career, or anything that you want in life. It provides you with direction on where you want to go so you can move towards making this vision a reality.

Using the worksheet below, we're going to complete the three steps we discussed in the accompanying lesson to create a well-rounded picture of your Dream Life Vision.

This is going to be your North Star from now on.

“It might feel overwhelming to dream...a vision can provide you with direction on where you want to go so you can move towards making this vision a reality.”



STEP ONE

WRITE OUT YOUR VALUES

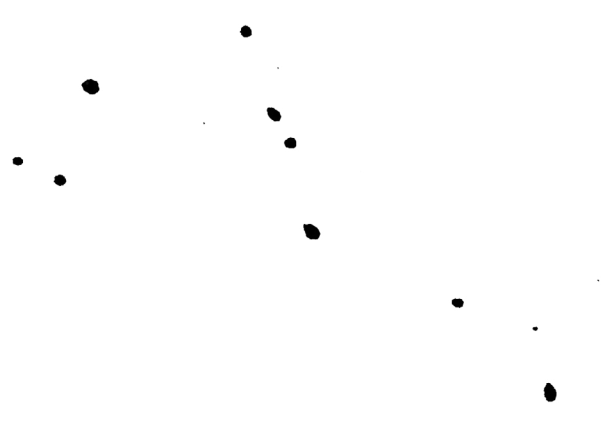


Take time to intentionally think about the words that you would use to describe your values. Using the space below, create a list of your values. Don't feel pressured to write out a long list of values, it can be as short as three. Focus on the 3-5 core values you hold.



STEP TWO

EVALUATE THE 8 AREAS OF YOUR LIFE



HEALTH AND FITNESS

What in this area is working well? (What brings me joy and fulfillment in this area?)

What in this area do I want to change? (What in this area is no longer serving me?)

CAREER

What in this area is working well? (What brings me joy and fulfillment in this area?)

What in this area do I want to change? (What in this area is no longer serving me?)

FINANCE

What in this area is working well? (What brings me joy and fulfillment in this area?)

What in this area do I want to change? (What in this area is no longer serving me?)

FAMILY

What in this area is working well? (What brings me joy and fulfillment in this area?)

What in this area do I want to change? (What in this area is no longer serving me?)

FRIENDS

What in this area is working well? (What brings me joy and fulfillment in this area?)

What in this area do I want to change? (What in this area is no longer serving me?)

FUN AND RECREATION

What in this area is working well? (What brings me joy and fulfillment in this area?)

What in this area do I want to change? (What in this area is no longer serving me?)

PERSONAL DEVELOPMENT

What in this area is working well? (What brings me joy and fulfillment in this area?)

What in this area do I want to change? (What in this area is no longer serving me?)

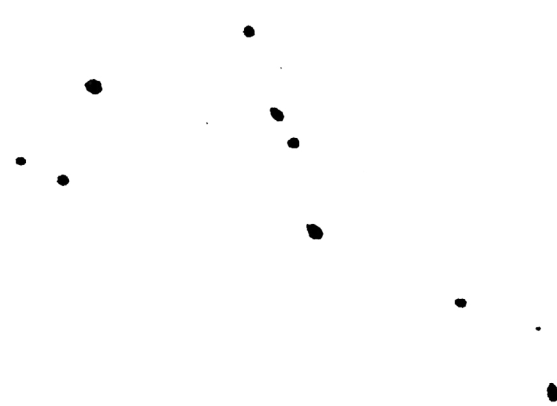
SPIRITUAL

What in this area is working well? (What brings me joy and fulfillment in this area?)

What in this area do I want to change? (What in this area is no longer serving me?)

STEP THREE

CREATE A VISION FOR YOUR IDEAL DAY OR WEEK

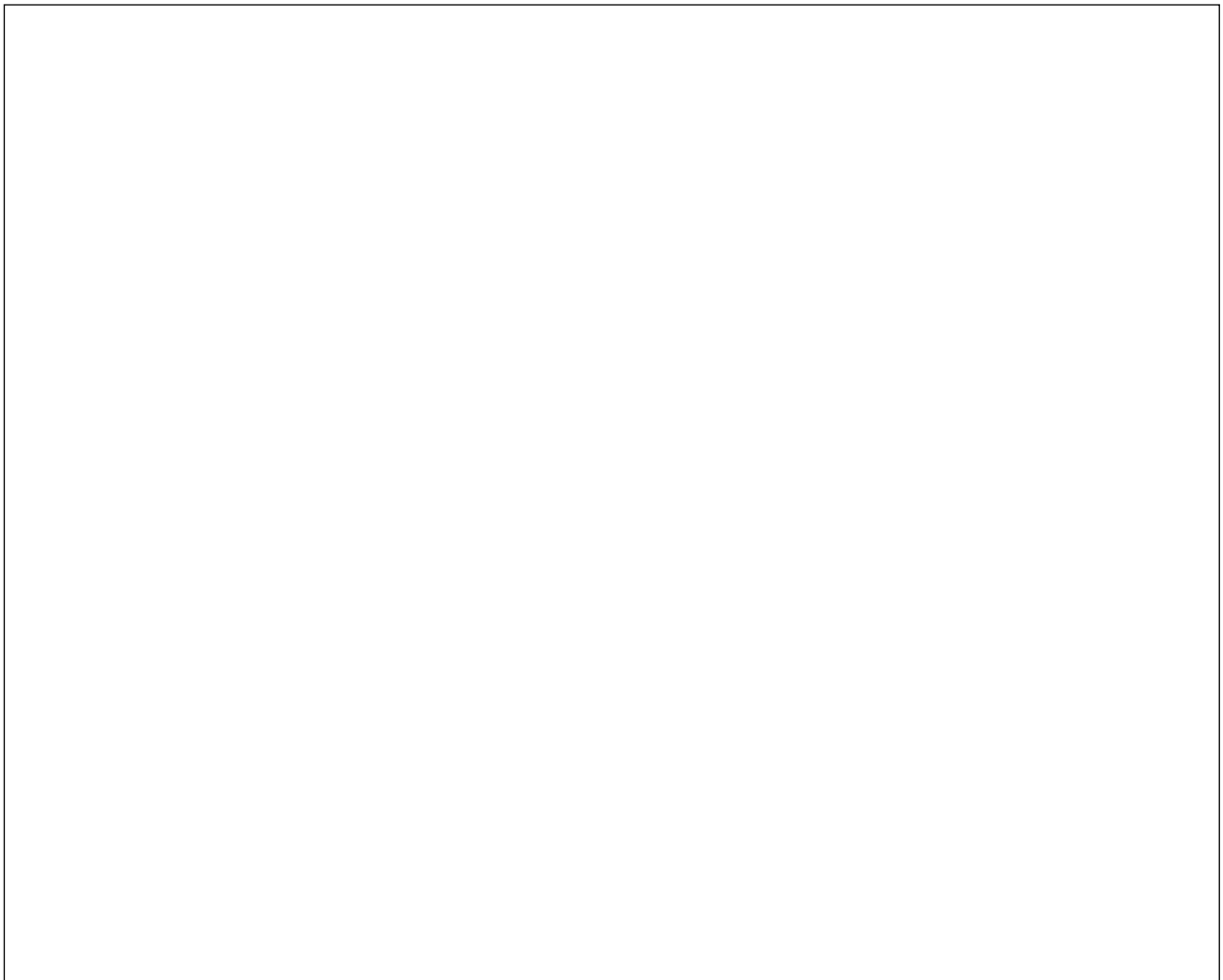


Describe your ideal day in detail. I like to think of it like I'm telling my story to someone or recapping my day to a friend. This is where you can incorporate your values too! Don't hold back here. Allow yourself to write down anything you want, even if you feel it's unattainable at this current moment. This is how you can take steps towards making your vision a reality.

JOURNAL PROMPTS:

The date is today but three years in the future. You have achieved all of your goals and you're living your most ideal dream life...

- What does your morning routine look like?
- Where do you live and who do you live with?
- What foods and drinks are you consuming?
- How do you feel?
- Who are the people you're surrounded by? What do they look like, talk about, care about?
- What do your finances look like?
- What type of work are you doing? How does this work make you feel?
- What type of people are you working with?
- Where are you working from?

A large, empty rectangular box with a thin black border, intended for the user to write their journal entry.