

Me In Ten Years Time

Imagine it is ten years time and your life is fulfilling and full of contentment. Now fill in each of the boxes for the different areas of your life. It may help to do the same exercise for your life now.

I spend my time with...

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I spend my time doing...

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Why I get out of bed in the morning...

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I have...

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I would describe myself as...

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Draw your life...