



Rose Coaching

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What's next?

Over the next 3 weeks, I will be sending you several different types of worksheets for you to play with. This first one is meant to lay the foundation for your vision, goals and dreams. From this, you will create SMART goals that help plan your 1,2,5 years journey.

Dream sculpting

People who write down their dreams are much more likely to achieve them. This worksheet is just a tool to get your creative juices flowing.

Sit down by yourself or with loved ones and start to imagine your future. Consider what drives you in your life and how that has changed over time. Start by recording where you are today:

Name:

Current Age

Date

What milestones do you see in your future? - (example: start a family, send kids to college, buy a new home, retire, others?)

If you could do anything (time and money aside) what would it be? - (example: spend time with family, buy a vacation home, start your own business)

What you would like to add in your life? - (example: more time, more money)

What would you like to reduce in your life? - (example: debt, job stress)

What would you like to do?

Use your imagination to create the possibilities for your future. Does anything stand out as most important?

Career – (ex: change careers, start a new business, continue to work you love)

Hobbies – (ex restore an old car, garden, write a novel, dance or perform)

Volunteer work – (ex: build homes for the homeless, volunteer for a political party, teach people to read)

Learning – (ex: go back to school, learn another language, get your pilot's license)

Relaxing and enjoying life – (ex: travel with family, read more, savor quiet time)

Who do you want to spend time with?

Spouse or partner – (ex: consider new activities you may participate in together, have a standing time/day on calendar to be together)

Family – (ex: how far away are your parents, children and grandchildren? What activities do you like to do together? Do you need to travel to see family members?)

Friends – (ex: how much do you like to entertain and stay socially active?)

New friends – How can you meet new people? (ex: Consider classes, clubs and organizations)

Where do you dream of going?

Travel is an activity that can satisfy many of your deepest desires. It can provide solitude, companionship, adventure or relaxation. The possibilities are endless.

Destination – U.S., overseas, historical sites, places from your roots, homes of friends or family?

How do you want to travel? – motor home, car, bicycle, motorcycle, plane, train

How much traveling do you want to do? - number of trips each year, duration

Who are your travel companions? - spouse or partner, friends, children, tour groups

Where do you see yourself living?

Where you want to live is an important part of your vision for the future. Do you want to be part of a community? Do you want to try a new climate or lifestyle? Do you want to live in multiple locations?

Stay in the area – loft/apartment in the city, current home, larger home, smaller/maintenance free home

Move closer to family – spend time with parents, children, grandchildren

Move for work – be in a hot spot for your field, start a business with a colleague

Relocate near activities you love – vacation home, overseas, learning community, active outdoor setting

How do you intend to stay healthy and active?

As your lifestyle and your health changes throughout life, think about how you will take care of yourself. Consider it in broad terms, including mental and physical well-being, a healthy soul and a nurturing environment.

Physical fitness – join a health club, take walks, learn martial arts, dance, play golf, buy a home gym, practice yoga

Mental fitness – take classes, go to concerts, play, chess or cards, write a book, practice meditation

Health care – learn about and make the most of your benefits: health insurance health savings accounts flexible spending accounts, medical help lines, long-term care for parents,

How do you want to make a difference?

Sometimes dreams can include helping others. Think about the people who matter to you, what you hope the future holds for them, and how you might help them realize their own dreams. What organizations or causes represent your values? How do you want to support them now and in the future? Think big.

Family – fund education, instill values, teach personal skills?

Community – serve on a board, provide volunteer outreach, do fund-raising, donate money?

Friends – form support groups, be a mentor?