

LifeScape

I, , intend to create the following scenario in my life...

[your name]

A vertical list of 25 horizontal lines for writing, each starting with a purple arrowhead pointing right. The lines are contained within a purple border on the left and a dashed purple border on the right.

...in keeping with the best situation for all involved.

Instructions for LifeScape

The Life Scape worksheet is a tool to help you create a certain scenario or experience in your life. The point of this exercise is to draw a specific "picture" of the scenario using descriptive phrases that capture the essence of the experience—the feeling of the scenario as if you were experiencing it right now.

Instructions

On the Life Scape worksheet:

1. At the top of the page, write a subject for your Life Scape (Relationship, Career, Home Life, etc.)
2. Fill in your name in the box at the top.
3. On each line, fill in an aspect of the scenario you want to create in your life.

Guidelines

- Your Life Scape should be at least half believable. This means that you feel like your scenario is halfway beyond what you believe is do-able in your life. (In other words, leave plenty of room in your scenario for dreams to come true.)
- Write each aspect as if you have moved ahead in time and you are experiencing your scenario right now.
- Begin each aspect with "I am..."
- Write each aspect in terms of an experience, and energize them with the "essence" of the experience. For example, you might write "I am enjoying a flexible work schedule that allows me to accomplish weekday tasks in my personal life" or "I am grateful for the frequent opportunities to work on uplifting projects"