

Blueprints for Change

MY IDEAL LIFE: QUESTIONS TO PONDER



It's the New Year and a time when many of us adamantly say we are going to start new resolutions and make changes in our lives.

Resolutions are wonderful, positive goals that we set for ourselves but unless they are a part of something that we are passionate about, quite frequently, they will disappear into "the ethers" along with all the other goals we somehow never managed to get around to. Perhaps it's time to start consciously creating your life.

One way to discover what is important to you is to ask yourself: When I wake up tomorrow morning, if my life were ideal, if it were exactly the way I would want it, what would that look like?

Questions to Ponder:

- What would you do if you knew you could not fail?
- What do you love about yourself?
- What would you do if money were not a concern in your life?
- What one thing do you dream about doing that you've never told anyone?
- What do you fantasize about doing while driving your car or taking a shower?
- Who do you know who's doing something you'd like to do? Describe yourself doing it.
- How could you make the world a better place for yourself and others?
- What did you love when you were a child?
- What are you good at?
- What drives you, and what gives you satisfaction?
- What would you regret not having done if your life were ending?
- What interest, passion or desire are you most afraid of admitting to yourself and others?
- Treasure hunt in your home - what do you hang on to? What is the theme?

Reflect on the answers to these questions and you will be taking the first step towards creating a fulfilling life.

When you are clear, what you want will show up in your life, and only to the extent you are clear.

*- Janet Attwood, co-author of *The Passion Test*TM*

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