

My Ideal Life

An exercise from *Military Spouse Journey: Discover the Possibilities & Live Your Dreams* by Kathie Hightower and Holly Scherer

This Ideal Life exercise helps you dream about many aspects of your life and figure out how you want to live your life.

Write Your Description

Take time to reflect by yourself with no distractions. Open yourself to possibilities. Don't limit yourself in any way. This is an exercise in dreaming, so DREAM BIG! If you had an ideal life, what would it look like? Write your description in first person (I...) and present tense as if it is already your world. Include as much detail as possible. Copy the next page as many times as you need to write about your ideal life. Consider questions like:

- What would you do, both for work and for play?
- What people would you interact with on a regular basis? Which people energize you?
- What would your relationships look like—with your spouse, children, extended family, coworkers, neighbors?
- What would your family finances look like in your ideal life?
- What kind of spiritual practice would you have?
- Describe who you are. Do you ideally want to be powerful, self-confident, playful, dramatic, outrageous?
- What physical activities would you engage in regularly?
- How about your appearance? What clothes would you wear, and how would you wear your hair?
- Where in the world are you living this perfect life? What's your environment—your bedroom, house, office, yard?
- What pace would you like for your life on a daily basis?
- What might you be doing to give back to the greater community?

Ask your spouse to do this exercise, too, so you can work toward mutual goals and dreams as a couple and as a family. Once you write your description, ask your friends to write theirs, too. Hearing others will give you the courage to dream big for yourself. Once others know your dreams, they'll help you in ways you would never have imagined possible.

Act on Your Description

After you write your description, take steps toward your ideal life.

Step One. Highlight everything in your description that is already in your life. Be grateful and take steps to keep those things in your life. Write down two things you are grateful for and what you will do to keep these fresh and vital.

1. _____

2. _____

Step Two. List three elements of your ideal environment you can add right now.

At Home:

1. _____

2. _____

3. _____

At Work:

1. _____

2. _____

3. _____

Schedule time in your planner to make these changes.

Step Three. From your description, consider what's most important to you. Defining these bigger goals will help you define your dreams and how to move toward them.

