

Your Anti-Vision

Paint a picture of what your life might look like in five years time if you were extremely unhappy.

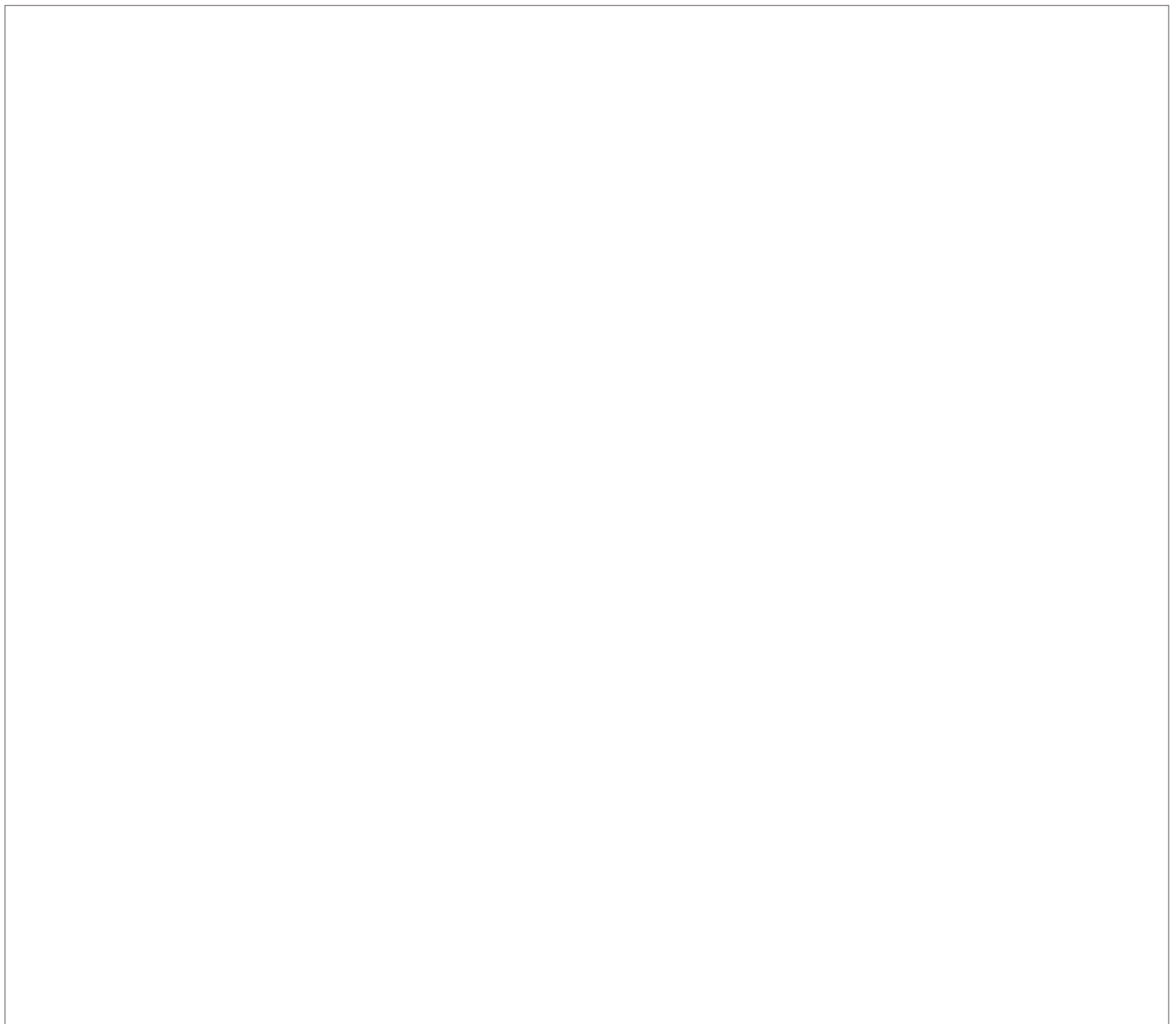
Areas of your life to consider:

- Career
- Relationships
- Finances
- Self Image
- Spirituality
- Health
- Family
- Recreation
- Creativity
- Personal Development

Focus on things that you can influence - for example:

- In five years time, I'm still in the same job, doing the same work. I haven't applied for a promotion or searched elsewhere for alternative career opportunities.
- In five years time, my drawing style is still the same. I haven't worked on my skills at all, because I've been too scared to grow.

Don't focus on things that you cannot influence.

A large, empty rectangular box with a thin black border, intended for the user to draw or write their 'Anti-Vision'.

Your Anti-Vision

Your Learnings

From the anti-vision that you've just created, what have you learned about how to create a life filled with growth, intention and meaning?

A large, empty rectangular box with a thin black border, occupying the majority of the page below the text. It is intended for the user to write their learnings.

80/20 Your Life

Revisit the events and activities that you took part in in the last 6 - 12 months and distribute them in the columns below. If it makes sense to do so, you can look back further than 12 months.

BAD	GOOD
<p>Write down the events, activities and people that took away from your happiness and wellbeing in this column.</p>	<p>Write down the events, activities and people that contributed to your happiness and wellbeing in this column.</p>

80/20 Your Life

Use this page to identify any patterns that came up in your 80/20.

80/20 Your Days

Revisit your everyday habits, behaviours, activities and commitments. Distribute them in the columns below.

BAD	GOOD
<p>Write down the everyday habits, behaviours, activities and commitments that have taken away from your happiness and wellbeing in this column.</p>	<p>Write down the everyday habits, behaviours, activities and commitments that have contributed to your happiness and wellbeing in this column.</p>

80/20 Your Life

Use this page to identify any patterns that came up in your 80/20.

Your Values

Write out all of the highlights that you can think of that made you feel elated, happy and fulfilled. For example:

- Learning a new program
- Going Paddle Boarding for the first time
- Helping a friend with their art project
- Brainstorming a new idea for a work project

Highlights

Patterns

Can you see any patterns in the moments above?

Your Values

Write out all of the lowlights. Consider the times when you've felt the most downtrodden, the most frustrated or angry with the world, a person or your situation. Consider times that made you feel sad or upset. For example:

- Seeing someone post something ignorant on social media
- Watching a colleague treat someone else poorly
- Not having the freedom that you want while doing client work

Lowlights

Patterns

Can you see any patterns in the moments above?

Value Ideas

Fun + Happiness

Adventure	Liveliness	Joy
Spirit	Merriment	Recreation
Enjoyment	Experiences	Zest
Lightness	Happiness	Indulgence
Amusement	Gratification	Delight
Enthusiasm	Gladness	Fun

Connection + Belonging

Belonging	Family	Kinship
Relationships	Friendship	Communication
Harmony	Love	Kindness
Sharing	Inclusion	Understanding
Teamwork	Rapport	Acceptance
Loyalty	Affinity	Influence

Achievement + Productivity

Accomplishment	Capability	Wealth
Growth	Effort	Improvement
Performance	Execution	Greatness
Effort	Drive	Productivity
Creation	Challenge	Competence
Success	Determination	Mastery

Intelligence + Knowledge

Curiosity	Smartness	Logic
Wisdom	Resourceful	Thoughtful
Learning	Knowledge	Understanding
Insightful	Brilliance	Logical
Informed	Clever	
Training	Reason	

Creativity + Originality

Innovativeness	Imaginative	Creation
Originality	Extravagance	Curiosity
Expressiveness	Ingenious	Beauty
Inventiveness	Eccentricity	Openness
Individuality	Uniqueness	
Contemporary	Authenticity	

Freedom

Confidence

Calm

Flexibility	Courage	Patience
Autonomy	Bravery	Peace
Independence	Daringness	Present
	Boldness	Serenity
	Fearlessness	Tranquility

Achievement

Organised

Wellness

Hard Work	Order	Vitality
Grit	Planning	Endurance
Determination	Cleanliness	Strength
Will	Tidiness	Intensity
Self-control		Wellbeing
		Fitness

Spontaneity

Experiences

Comfort

Variety	Travel	Cosyness
Surprise	Adventure	Contentment
Inspiration	Risk-taking	Consistency
Curiosity	Journeying	Convenience
	Wander	Ease
	Excitement	

Happiness

Freedom

Integrity

Joy	Compassion	Civility
Contentment	Consideration	Decency
Delight	Welcoming	Honesty
Gratitude	Understanding	Integrity
Peace of mind	Acceptance	Sincerity
Optimism	Warmth	Fairness

Generosity

Spirituality

Focus

Charity	Divineness	Concentration
Giving	Sacredness	Absorption
Goodness	Devotion	Discipline
Unselfishness	Faith	Clearheadedness
Hospitality		Solitude
Altruism		

Significance

Consistency

Ambition

Power	Stability	Motivation
Fame	Certainty	Persistence
Attention	Safety	Potential
Importance	Reliability	Discipline
Greatness	Security	Hard Work
Recognition	Structure	

Your Values

Use this space to outline your values and the behaviours and activities that support them.

VALUE #1 _____

How can you embrace this value in your every day life?

-
-
-
-
-

VALUE #2 _____

How can you embrace this value in your every day life?

-
-
-
-
-

VALUE #3 _____

How can you embrace this value in your every day life?

-
-
-
-
-

VALUE # 1 _____

How can you embrace this value in your every day life?

-
-
-
-
-

VALUE # 2 _____

How can you embrace this value in your every day life?

-
-
-
-
-

Perfect Day Exercise

Put yourself two - three years in the future. What does your ideal day look like?

Consider:

- Your home
- Your morning / evening routines
- Your relationships
- Your self image
- Your health
- Your career
- Your habits
- Your achievements
- Your income
- Your learnings
- Your mental health
- Your fitness levels
- Your community

Focus on how you feel in these areas of your life first, and what they look like second.

A large, empty rectangular box with a thin black border, occupying the lower two-thirds of the page. It is intended for the user to write their response to the exercise prompt.

