

Life IS.

Create your vision.

Are you living the life you want to live or the one society told you a good life looks like?

To live fully and eliminate the most common end of life regrets, it's important to know your vision for a life well lived.

Journal prompts to help you get back to the life you were meant to live.

- Revisit the dreams you had as child, what were you most curious about, what did you want to explore?
- Instead of thinking about what you want to do, explore how you want to feel. What does living your fullest life feel like and how can you embody more of that?

Use the insights from journaling to create a vision board that is full of the things that light you up, you are curious about and bring you joy. Re-image what it means to envision your fullest life. Put your board in a place you will see it everyday as a reminder to live the life you truly desire.

Want to go deeper? Explore our life design and coaching programs at: www.thelifeisproject.com

