

My Life Story™

Planning for your life this year can be simple, easy, and fun. The following five step exercise represents an expression of the “choices” you are making about your life.

1. Find a quiet place and bring something to write with (e.g. journal, laptop, or notepad).
2. Take 30 minutes to contemplate the following questions and make any notes about thoughts or feelings that come to mind.
 - ✓ What would you like to have happen in your life this year?
 - ✓ What would you like to do, to accomplish, and to attain?
 - ✓ What good would you like to attract into your life?
 - ✓ What particular areas of growth would you like to experience?
 - ✓ What things in your life would you like to stop doing or have removed?
 - ✓ Where would you like to go?
 - ✓ What would you like to have happen in friendship and with those you love?
 - ✓ What decisions would you like to make?
 - ✓ What would you like to have happen in your career?
3. Take another 30 – 60 minutes to write your story. Pretend that you are a reporter from your favorite magazine or newspaper who shows up at your house on December 31st to write a story about what happened in your life during the year.
4. Read your story out loud to someone you trust.
5. Now let it go. Don't stress or hang-on tightly to this story as if it's another to-do list item you must accomplish. Instead, live fully in each moment as it presents itself.

You have done your part by choosing. Reread your story periodically, and particularly at the end of the year. You will see that not everything, but much of what you've decided for your life, has in fact happened.