

## Imagine that..

Take a few minutes to sit down, relax and let go of whatever else might be on your mind. Answer the following four questions first in your 'minds eye' and then write down what comes up on paper or on your desk top computer. There are no right answers as this exercise will give you pause to make an assessment of where you are, here and now. The question is, where do you want to go?

1. Imagine yourself 5 years from now as you would most want to be - the dream of yourself fully realized in terms of how you experience yourself, how others experience you, how you live your life, the way your business is functioning, the relationships you have with the most important people in your life, and what you stand for in the world. Imagine the possibilities in your mind's eye as fully as you can.

2. What would it be like for you if you were actually able to make the things you answered in the former questions come true? What would that do for you? How would things be different? How would that feel to you? What would that mean to you? What would it offer to your work? Your relationships? Your life?

3. What could get in the way of achieving what you have described? Where will you be five years from now if you don't achieve your dream - and how will that make you feel? What might that cost you?

4. In light of all that we've explored, what would it be worth to you to achieve what you dream of – what you most want and need in your life and your work? What is that worth to you?