



ENLIGHTEN EXERCISE #7

My Life 10 Years From Now

Think about yourself 10 years in the future. Visualize what your work and life will be like at that time.

In 20____, I will be _____ years old.

If I am working, I am:

The friends, family members, and people I will be close to are:

My biggest accomplishments and the things I am most proud about are:

My recreation, leisure, and fun activities in a typical week include:

My health would be described as:

My friends would describe me in the following way:

Things I am doing to help others:

My goal(s) for the next 10 years are: