



ENLIGHTEN EXERCISE #17

My Ideal Life

It's 10 years from today, and you are able to live your ideal life.

You are involved in relationships that provide nurturance and value, and you live in a location you have always dreamed about. If work is part of your ideal life, you are passionate and doing things you truly love, using your signature strengths.

If someone can take a video recording of you during one day, what would he or she see you doing? What activities would you be doing? Who would you be spending your day with?