



INTRINSIC DREAMS

Part 1: Discernment

Imagine yourself in five years, 25% happier. Purpose and meaning are deeper. Friends and family notice and comment, which prompts you to reflect. List the top five things making you happier in order of importance.

1. _____
2. _____
3. _____
4. _____
5. _____

Part 2: Management

Back to today... What are you most focused on?

What are you managing most actively?

What are you leaving up to chance?

Compare this list to your “Five Years in the Future” list above. Repeat this exercise each year on your birthday.