**Building Blocks for Designing a Desired Future**

1. **What is the future I desire for myself?**
2. **When I LOVE my\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , I am:**
3. **How will I know I am achieving what I want for myself?** 
   * Looks like, feels like, sounds like…..
4. **When I am experiencing these things, I notice I am: (pay attention to words ending in “ing”)**

Phrase #1

Phrase #2

Phrase #3

(feel free to add in extra action phrases if you need to)

1. **What can I do to create more of what I want?**

* Action idea #1 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + To me, this means:
* Action idea #2 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + To me, this means:
* Action idea #3 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + To me, this means:
* Action idea #4 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
  + To me, this means:

1. **What will I do next, to create more of what I want for myself?**
2. **How confident am I that I can do this? 0-1-2-3-4-5-6-7-8-9-10** (a score of 7+ indicates greater likelihood of success)

My favourite quote:

My personal mantra for difficult times:

My enabling principles:

My character strengths: