



# Create the Life You Want

(adapted for the book: *From Sabotage to Success* by Sheri O. Zampelli, M.S., CCH)

If you knew it were impossible to fail and money wasn't an object, what would you do right now?

Would you travel? y/n. If so, where would you travel to?

What would you buy? A home? A car? Stocks and Bonds?

What would your career include? Would it be fast-paced? Would it include travel? Would you work at a desk, on the road or not at all? How many hours a week would you work? Would you work helping people or using computers? Describe your ideal career in vivid detail.

Would you go to school? Part time or full time? What would you major in? What school would you go to?

What would your family life be like? Would you spend more or less time with your family? Would you be closer to your family or more independent?

What would your health be like? Would you cut your fat intake? Would you become a vegetarian? Would you exercise more? If so, how often? What type of shape would you like your body to be in? What types of exercise would you do? Do you like sports, dancing, aerobics, bike riding or walking the best?



What would your spiritual life be like? Would you go to church weekly or read the Bible? Would you pray or meditate? Would you be religious or spiritual? Do you prefer Eastern philosophy or Western religion?

Where would you live? On a farm? At the beach? In the mountains? In a house? In an apartment? On a boat? What country would you live in? What state? What city?

What would your personality be like? Would you be more outgoing? Or, would you spend more time alone? Would you give more or would you learn to be more selfish? Would you laugh more? Would you cry more?

What kind of friends would you have? Rich, poor, influential, kind, giving, loving, supportive, distant, superficial, aloof, people with a good sense of humor, quiet people, loud people, hard workers, high achievers, educated, uneducated, affectionate, earthy?

How would you feel most of the time? Aggressive, arrogant, bashful, blissful, bored, confident, curious, determined, ecstatic, happy, interested, joyful, lovestruck, optimistic, satisfied, smug, thoughtful?



How would you look/dress? Professional, athletic, casual, comfortable, classy, fashionable?

What hobbies would you engage in? Gardening, stamp collecting, reading, scuba diving, swimming, surfing, Roller-Blading®, water skiing, snow skiing, kite flying, crocheting, knitting, cross-stitching, sewing, parasailing, bird watching, collecting knickknacks or antiques, garage sale shopping?

What would your love life be like? Romantic, passionate, predictable, spontaneous, steady?

What would your lover be like? Kind, loving, compassionate, hard working, good parent, humble, romantic, good sense of humor, attractive, successful, feminine, masculine?

Now, go back over your list and put a star next to those that are most important to you.

Write a paragraph or two about how your life will improve as a result of doing these things.

What do you have already to achieve your goals?