# The extraordinary belongs to those that create it

You can't hit a target you can't see.

The prompts on the following pages are designed to help you come up with a vision for your version of an extraordinary life.

It can be tough to answer the question "what do you want?". But when you break it down into the 9 different life areas and use prompts to inspire you, you begin to create a compelling vision for each area.

Use the prompts to create a life vision and then visualise the final vision for 5 minutes each day. Take one simple and small action towards it and you'll be amazed at what you create over time.

Some tips for you. Firstly, use juicy language. If the words and the vision don't excite you then you aren't going to do what is needed to create it. Find the passion with juicy language.

Secondly, write it in the present tense as if it's already happened. If you write "I want" you create a state of wanting, which will never produce the result. Write everything as if it already exists now in your life

Thirdly, start with the area you least want to look at! This is probably the one that needs most work. If it makes you uncomfortable, even better. Everything you want in life is outside your comfort zone, otherwise you would already have it!

Enjoy it, have fun and be playful with it

Sending love and happiness

Alan and Katie xx

Donegan

# Love and Relationships

## Questions, prompts and inspiration

If you are in a relationship, use these questions and prompts to make it even better

If you're not in a relationship, describe the relationship and partner you would like in your life

What does your ideal relationship look like?

How do you feel in this relationship?

What qualities do you value most in a partner?

How do you and your partner support each other's growth?

What activities do you enjoy doing together?

How do you handle conflicts and challenges?

What traditions or rituals do you want to create together?

How do you express love and appreciation?

How do you maintain a balance between independence and togetherness?

I wake up in the morning feeling...

My ideal day with my partner includes...

I feel most loved when...

Our favourite activities to do together are...

I feel supported when...

We handle conflicts by...

Our special tradition is...

I express my love by...

We balance independence and togetherness by...

I feel appreciated when...

Our relationship thrives when...

We grow together by...

Our communication style is...

Our relationship goal is...

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# Finances

## Questions, prompts and inspiration

What financial goals do you have?

How do you want to manage your wealth?

What does financial freedom mean to you?

How do you plan for unexpected expenses?

What are your saving and investment strategies?

How do you balance spending and saving?

What financial habits do you want to develop?

How do you prioritise your financial goals?

What role does money play in your overall happiness?

How do you inspire and teach others about financial literacy?

I feel financially secure when...

My financial goal is...

I manage my wealth by...

Financial freedom means...

I plan for unexpected expenses by...

My saving strategy is...

I balance spending and saving by...

My investment strategy is...

I develop financial habits by...

Money plays a role in my happiness by...

I prioritize my financial goals by...

I inspire and teach others about financial literacy by...

I feel secure when...

My financial habits include...

My financial plan is...

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# Career, business, mission

## Questions, prompts and inspiration

We've used the word "work" to mean your career, business **or** mission

What does your ideal "work" day look like?

What impact do you want to have?

What does success look like for you?

How do you want to be remembered in your professional life/from your mission?

What skills do you want to develop?

How do you balance "work" and personal life?

What motivates you to do your best work?

How do you handle setbacks and failures?

What kind of "work" environment do you thrive in?

Who inspires you in your career or mission?

What legacy do you want to leave?

I wake up excited to...

My ideal day involves...

I feel successful when...

I am motivated by...

I handle setbacks by...

My environment is...

I am inspired by...

My goal is...

I balance "work" and personal life by...

I develop my skills by...

I want to be remembered for...

My impact is...

I thrive in an environment that...

I contribute ...

My legacy is...

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# Physical Environment

## Questions, prompts and inspiration

What does your ideal living space look like?

How does your environment make you feel?

What elements are essential in your home?

How do you create a space that reflects your personality?

What changes would you make to your current environment?

How do you maintain a clutter-free space?

What role does nature play in your environment?

What are the main spaces you want to spend time in?

If you travel what environments would inspire you?

How do you create a space that promotes relaxation and productivity?

My ideal living space is...

I feel at home when...

Essential elements in my home are...

My space reflects my personality by...

I would change my environment by...

I maintain a clutter-free space by...

Nature plays a role in my environment by...

I incorporate sustainability by...

My preferred colours and textures are...

My space promotes relaxation by...

My space promotes productivity by...

I feel relaxed when...

My home is...

I feel productive when...

My environment makes me feel...

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# Friends and family

## Questions, prompts and inspiration

What kind of relationships do you want with your friends and family?

How do you spend quality time together?

What traditions do you want to create with your loved ones?

How do you support each other?

What values are important in your relationships?

How do you handle conflicts with your friends and family?

What role do friends play in your life?

How do you maintain long-distance relationships? Do you want / need to?

What activities do you enjoy? How could you have more fun?

How do you show love and appreciation for your loved ones / friends / chosen family?

How do your loved ones describe you?

I feel connected to my friends and family when...

Quality time together involves...

Our traditions are...

We support each other by...

Important values in my relationships are...

I handle conflicts by...

Friends play a role in my life by...

I maintain long-distance relationships by...

Activities we enjoy together are...

I show love and appreciation by...

I feel loved when...

My relationship thrives when...

We grow together by...

Our communication style is...

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# Fun, adventure and passion

## Questions, prompts and inspiration

What activities bring you joy and excitement?

How do you incorporate fun into your daily life?

What adventures do you want to experience?

What magical moments do you want to create for yourself or others?

How do you pursue your passions?

What hobbies do you enjoy?

What new skills or activities do you want to try?

How could you 10x your adventures this year?

How do you stay curious and open to new experiences?

What role does creativity play in your life?

How do you share your passions with others?

I feel joyful when...

Fun in my daily life includes...

An adventure I want to experience is...

I pursue my passions by...

My hobbies include...

I balance “work” and play by...

A new skill I want to try is...

I stay curious by...

Creativity plays a role in my life by...

I share my passions by...

I feel excited when...

My passion is...

I feel fulfilled when...

I feel adventurous when...

My ideal adventure is...

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# Health and wellness

## Questions, prompts and inspiration

What does a healthy lifestyle look like for you?

How do you want to feel in your body?

How do you want to feel when you wake up?

How do you take care of your body and mind?

What are your fitness goals?

How do you manage stress?

What role does nutrition play in your life?

How do you prioritise self-care?

What habits do you want to develop for better health?

How do you stay motivated to maintain a healthy lifestyle?

What activities help you relax and recharge?

How do you track your health progress?

A healthy lifestyle for me is...

I wake up feeling...

I take care of my body by...

My fitness goal is...

I manage stress by...

Nutrition plays a role in my life by...

I prioritise self-care by...

I develop healthy habits by...

I stay motivated by...

Activities that help me relax are...

I track my health progress by...

I feel healthy when...

My wellness routine includes...

I feel energized when...

My self-care practice is...

My health goal is...

# Personal Growth & Development

## Questions, prompts and inspiration

What skills or knowledge do you want to acquire?

How do you want to grow as a person?

What are your personal development goals?

How do you stay motivated to learn and grow?

What resources do you use for personal growth?

How do you measure your progress?

What role do mentors play in your development?

How do you overcome obstacles to growth?

What habits do you want to develop in this area?

What are you excited to learn?

I feel fulfilled when...

My personal development goal is...

I grow as a person by...

I stay motivated to learn by...

I measure my progress by...

I overcome obstacles to growth by...

I develop new skills by...

I seek out resources for growth by...

I am inspired to grow by...

I reflect on my growth by...

I feel accomplished when...

My growth journey involves...

I challenge myself by...

I learn from my experiences by...

I set new goals by...

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# Spirituality

## Questions, prompts and inspiration

What does spirituality mean to you?

How do you connect with God/the universe/a higher power?

What practices help you feel spiritually fulfilled?

How do you incorporate spirituality into your daily life?

What role does gratitude play in your spiritual journey?

How do you find peace and tranquillity?

What spiritual goals do you have?

How do you stay true to your spiritual beliefs?

What inspires you spiritually?

What practices each day would help you feel at your very best?

I feel spiritually connected when...

My spiritual practice includes...

I find peace by...

Gratitude plays a role in my life by...

I incorporate spirituality into my daily life by...

My spiritual goal is...

I stay true to my beliefs by...

I am inspired spiritually by...

I share my spirituality by...

I feel fulfilled when...

My spiritual journey involves...

I feel connected to the universe when...

My spiritual practice helps me...

I find tranquillity by...

My spiritual belief is...

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