

ULTIMATE LIFE DESIGN PROCESS

PERSONAL
LIFE
DESIGN
WITH LIZ WATT

play sheet



Ultimate Life Design Process

01 | Life Design

If time, money and resources were no issues and you had an endless supply of each... what would your life be like? Consider all 7 areas - financial, social, physical, relational, mental, vocational, spiritual, and your general lifestyle including travel, creativity, hobbies etc. Think about who you want to **BE**, want you want to **DO**, and things you want to **HAVE** and experience. Use the prompts to help, and more paper if you need it!

Financial

Social

Physical

Relational

Mental

Vocational

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Spiritual

Lifestyle (travel, creativity, hobbies etc.)

02 | Three Things

From your unlimited life above, what are three things that you could experiment with and try in your life NOW. eg. Become a painter. Plan an overseas trip. Write a book.

01

02

03

03 | Three Actions

What are three actions you can take today to implement these. eg. Search for and sign up for an art class. Collect brochures from the travel agent. Find a writing group online.

01

02

03
