

Your Ultimate Life Experience

***“Your vision will become clear only when you look into your heart.
Who looks outside, dreams. Who looks inside, awakens.”***

-- Carl Jung

***“The greater danger for most of us lies not in setting our aim too high
and falling short but in setting our aim too low, and achieving our
mark.”***

-- Michelangelo

Your Life Experience is your ultimate inspiration. When your Life Experience has power, when it is based on **Your** desire, when you can feel yourself in that Experience, you will begin to easily attract the people, activities and tasks that most effectively lead to its creation.

There is a reason that is called life Experience and not your life vision. Words hold power. And the word vision has the potential to limit the way you explore and express the life you want to create.

When you create a life *vision* it tends to be mostly about things and accomplishments – stuff that you can see. Often a life vision becomes a set of long-term goals with very little passion or inspiration in them.

When creating a life *Experience*, you have the opportunity to bring in other sensory perceptions – sounds, scents, feelings, emotions, etc. – in order to create a life experience that has the power to draw you towards it.

Your Ultimate Life Experience needs to be clear, compelling and big enough to pull you through the ups and downs of your daily life and your business. Your vision is the point on the horizon that keeps drawing you forward. There may be times when the troughs of the ocean are so deep that you can only see as far as the face of swelling wave in front of you.

During those times, your connection to your Big Vision, to your horizon, needs to be strong enough to get you through the anxiety, chaos and turbulence as you climb back up to the top of the next swell where you can once again see your destination and recalculate your course towards calmer seas on the journey to your big dream.

It all begins here, folks!

I've given you a few exercises below to help you “tune into” your Ultimate Life Experience.

Your Ultimate Life Vision

The No Work Allowed Assignment

Have some fun with this one.

Imagine, for a moment, or two, that you have been blessed with an anonymous benefactor, one who has decided to provide for all of your needs and wants for one full year. Yes. It's true. For the next 12-months all of your financial needs (as well as your desires) are provided for.

But, there is one small catch...

You can **do nothing that generates income** for this year. In order to accept this "year out of time" and for the sake of this exercise let's assume you do accept it, you cannot earn any money from active work.

So, what will you do? How will you spend this free year? Take some time to play with this. Remember, money is not an issue. Nor is time, since you cannot work. Let yourself imagine a year without limits.

What does it look like?

What does it feel like?

Where do you go?

What do you do?

Your Ultimate Life Vision

Write Your Own Eulogy

This exercise has been around in various forms for a long time. Justifiably so, since it's a powerful way to expand your life vision and discover areas where you can begin to make immediate changes in your life.

Have fun with this. This exercise does not need to be morbid or depressing. Play and enjoy.

Take a moment to imagine that you have been asked to give the eulogy for an incredibly special, unique and gifted person. You were well connected with this person. In fact you knew this person better than anyone else in the world, which is why you have been chosen to deliver the eulogy.

And who is this special, unique and gifted person? Why it's you of course!

Take some time to imagine yourself traveling twenty, thirty, forty or more years from now to your own funeral. Step into the scene as one of the living guests! Where is it? Who is there? What are they saying? What memories are they sharing?

Now, imagine that you are standing at the podium to deliver the eulogy for this wonderful person that has passed. What do you say? As the one who knew this person better than anyone else, what will you share? How will you tell the story of this life? What mattered? What was most important? What was she most proud of? What did he enjoy? What has she left behind that has deep meaning? How has he improved the lives of those he loved? In what ways has she left the world a better place?

Now write the Eulogy. Write it as if your life depended on it. Because your life does depend on it...the rest of your life.

Do not get caught up in what you have done or not done up to now (especially stay away from the not done piece). Rather, focus on what happens between now and then.

Stretch yourself with this. Do not get caught up in the voices of doubt saying you can't do this or that. Push through the belief that there is not time to change, or you don't have the education to do something.

Let yourself write a eulogy for the Grandest Version of the Greatest Vision of the Most Important Life there is...Your Life!

Now go and write!

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If you need more space feel free to add another sheet of paper to your binder!

Write Your Own Eulogy

Your Ultimate Life Vision

What I Want To Have?

Use this sheet to write down everything you can imagine **Having** in this life. Make sure to include all aspects of your life, physical, mental, spiritual. Some examples are: I want to have a second home in Kauai. I want to have a hybrid SUV that gets at least 50 mpg. I want to have control over my reactions. I want to have a beautiful meditation sanctuary in my home.

Your Ultimate Life Vision

What I Want To Do?

Use this sheet to write down everything you can imagine **DOING** in this life. Make sure to include all aspects of your life, physical, mental, spiritual. Some examples are: I want to travel through Europe for 6-months. I want to perform my songs to an audience of 10,000. I want to spend 2-weeks on a silent retreat. I want to look forward to working out at least 3-times a week.

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What I Want To Be?

Use this sheet to write down everything you can imagine **BEING** in this life. Make sure to include all aspects of your life, physical, mental, spiritual. Some examples are: I want to be at my ideal weight. I want to be at peace with my actions. I want to be more aware of my limiting thoughts and beliefs. I want to be financially free.

Your Ultimate Life Vision

Your Ultimate Life Experience Five Years from Now

Now, based on the Life Visioning Process, and the other exercises, begin to write down your Ultimate Life Experience.

Where are you heading? What are your big dreams and visions? Include things like:

- Where do you live?
- What does your home looks like?
- How does it feels to you?
- Who lives with you?
- What your relationship is like?
- What you are doing for work?
- Where you are working?
- Who you are working with?
- How much money you have in the bank and in investments?
- What you do for fun?
- How you feel?
- Where you travel and how often?
- What car you drive?
- How you connect with God/Source/Spirit?
- How you are giving back and contributing?
- Anything else you can think of.

Make your description as detailed as you can. Imagine that you are painting a scene with your words. Close your eyes and see the scene and then write down what you see. Notice the little details and write them down. This is your ideal life... Make it real!

Use the next page to write your Ideal Life five years from now. If you need more room add another sheet of paper to your binder.

Oh, and have fun!

Your Ultimate Life Vision

If you need more space feel free to add another sheet of paper to your binder!

My 5-Year Ultimate Life Experience