Positivity

Before you start this worksheet, spend some time regulating yourself. This means calming down and getting into a relaxed, flow state. You can try walking, breathing, stretching, listening to calming music etc. Spend a good 15-30 minutes doing this first. This will help you to get into a positive headspace.

Ready?

Now, imagine a genie had asked you what you want your life to look like 12 months from now (and you really could ask for ANYTHING).

Write down what you would wish for. Consider your health, wealth, career, relationships, possessions and anything else important to you. Describe these things in as much detail as you can.

Wish 1:

Wish 2:

Wish 3:

Wish 4:

Positivity

Wish 5:

Wish 6:

Wish 7:

Wish 8:

Wish 9:

Wish 10:

Positivity

Taking each item on your wish list, set a timer for two minutes and come up with as many ideas as you can to make each one a reality. Don't overthink or judge your ideas. In fact, challenge yourself to come up with as many silly ideas as you can. Maybe play this game with a friend or partner for extra inspiration. You might be surprised how many are actually good ideas!

Wish 1:

Ideas:

Wish 2:

Ideas:

Positivity

Wish 3:

Ideas:

Wish 4:

Ideas:

Positivity

Wish 5:

Ideas:

Wish 6:

Ideas:

Positivity

Wish 7:

Ideas:

Wish 8:

Ideas:

Positivity

Wish 9:

Ideas:

Wish 10:

Ideas:

Highlight your best ideas and start scheduling those actions!

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