

Creating Your Life Plan



The human nature is funny. We always know what we try to avoid but we seldom dream and ponder about what we truly want in life.

Dreaming is seen as a form of squandering that doesn't give you any practical value. But look at how many people around are too busy walking to even ask themselves where are they going to. We are climbing up but forgot to check where the ladder leads to.

Let us change that by asking a couple of good questions.

1. Let's dream

In the following exercise taken from a book «Wishcraft: How to Get what You Really Want» we will create your future. Forget your past failures and don't get your doubts stand in the way because doubts are no good for anything, especially dreaming. Think this way: for you in the next one hour everything in this world is possible.

Let your imagination go wild. Surprise yourself.

Find a quiet place and make sure for that for 1 hour or so you will not be disturbed. Take a couple of sheets of paper and a pen or sit with a computer. Disconnect your phone and take a deep breath.

Relax. There is nothing to strive for and nothing to lose here and we'll just go on dreaming for a bit.

Imagine your perfect day from morning to night. Such a day that when you go to sleep you could say: «Yes, that was a wonderful day». Imagine everything you want to do, be or have and don't limit yourself in any of those.

While describing the day keep in mind questions like «What?», «Where?» and «With whom?» as your guidelines.

Look at the list below and use any other questions you think appropriate to guide you.

And then start writing you future.

Questions:

How does your usual day look like in your ideal future? Do you wake up early or let yourself sleep in? Go to work or work from home? What do you do?

I bet you love what you are doing. How do you feel doing it? Fulfilled, energetic, happy? Who do you do it for? How does the world benefit from what you do?

How do you spend your morning? Your day? Your evening? Maybe you meet your friends or spend it with those close to you. It is entirely up to you.

What do you do in your spare time? Do you have a hobby? A pet? Apart from work what else gives you the feeling of being truly alive?

Where do you live? How does your house or a flat look like? Your room? Where do you usually work? What is around your home?

Who is around you? Do you have a family? Kids?

Imagine your close friends you spend your time with. Do these people inspire you? Do they love you? Do you love them?

How do you feel? What makes you wake up in the morning feeling grateful?

Write it all down.

Great! Now you've got a picture of your ideal future, your goal. It may be very different from how you live now or maybe there are only a couple of things missing. In any case in your picture you have some things that you absolutely must have.

Let's find them.

2. In Search of Big Things

Reflect and write down what is absolutely important for you in your ideal future, what is nice but not necessary and what is simply a whim.

Important:

Nice but not necessary:

Whims:

For example, you want to live near the ocean in a big house with 3 bedrooms and a swimming pool, you want to paint and work remotely. After giving it some thoughts you realise that the big house is not that important in the beginning but painting and working remotely really are.

Look at your list «Important». This is something you cannot imagine your future without and this is what we should go after. It doesn't mean you can't have it all but let's put the first things first.

Very good! Now we have a picture of your ideal future and an understanding of what is the most important for you.

3. Setting a Date

The next step is to set a date for your «Important» list.

Why is it so crucial?

Because until you set a date your dream will remain just a dream. A beautiful dream – no doubts about it or you would not choose it. But without a date and a plan it may take your whole life to get there. Let's speed it up and set a date.

When will you get what you wrote in your «Important» list? Don't think long, just set a date.

My advice to you is to go further and send a letter to your future self on this date describing your ideal life as you see it. You can do it using a free service like <https://www.futureme.org>.

Believe me – when the date comes you'll be surprised to see how much actually came true.

4. Setting a Goal

Wonderful – we have our ideal future, our date and we've sent a letter. What's next?

Look at your «Important» list and choose a goal you will go after first. It may not be the most important or the biggest thing, just choose the one that speaks to you. It can be something like «learn to sing» or «to go to a dance school», «start jogging (please don't start from 10 km on your first run!) or start saving money for your future travels.

Don't overthink it, I know you want to do it right but our idea is to set you in motion.

Whatever it is make sure your goal is:

= Specific and clear for you

= Realistic from where you are now

For example, if you want to participate in tango competitions, your goal could be to complete one beginner course in a dance school. Don't aim at winning your country championship at once!

We want to get you going and the rest you should leave to the Universe. Believe me – things will happen and people will fall into your life and help you.

It simply can't be any other way once you're going after your dream.

5. First Steps

Done it? You are the best! We've got your ideal future, important things to have or to be, a date and the first goal. What are we missing?

That's right – the first steps.

Reflect and write what can you do first to get you closer to your goal? In tango example it can be to find a dance school and take a first lesson. Your first step can be really small – in fact, the smaller the better!

Don't think long before doing it or your future plan will turn into a distant dream. Make that first step today or even as soon as you finish. In tango example you may find the closest school and schedule a first free class or ask your friends on Facebook for advice on where to study.

Don't worry if you can't see all the steps to get your to your goal – it is fine. The steps will appear once you start moving towards your goal.

By now we have:

1. Your ideal future

2. Lists «Important», «Nice but not necessary» and «Whims» and understanding what you absolutely need to have there

3. Your Date for the most important things

4. Your first Goal

5. First steps to get you closer to your Goal

Congratulations! You have a plan and now you can start moving.

Remember this. Maybe sometimes the path will be difficult and you will doubt if you've set the right goal or if you want it at all.

The way to check this is simple. Ask yourself: «If nothing changes will I regret in 5 years that I didn't start today?» If the answer is «Yes» keep moving.

Maybe your inner voice will start telling you that will never achieve your ideal future. This is normal too and I call this force Resistance. Almost every thing in life worth pursuing will be met with Resistance because that's how the life works.

If there is action there is counteraction. If you are moving towards your goals and dreams you will definitely meet Resistance but keep moving despite of it. This force is only strong until you take a first step like monsters in a dark room are only real until you turn on the light.

Believe in yourself, take that first step today and trust the process.

I wish you luck creating a life of your dreams.