



Everything Is Possible

Embrace Creativity: Exercise

Life Planning Exercise 2 – My Dreams if I Had a Magic Wand

The greatest obstacles any of us face are the limitations we create in our own minds. It is critical to understand that your own creative process is what will allow you to overcome things that seem impossible today. Embrace your imagination and creativity!

Visualization is a technique many athletes use to picture themselves succeeding, long before they ever set foot on the playing field. Visualize your biggest and greatest dreams for each of the three priority areas you identified in Life Planning Exercise 1. Imagine them as if you had a magic wand and could have any life you desire, with no barriers or limitations. Visualize them in detail, and then describe them below.

Example:

My Dream: Health - If I had a magic wand, I would want to be active, healthy, and have a strong mind on my one hundredth birthday.

Priority 1 Dream

Priority 2 Dream

Priority 3 Dream