

Live Your Own Life 5-Day Challenge – Day 1

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Describe what your life will look like, 10 years from today, when you are in charge of it? Write at least 3 full pages!

You joined the »Live Your Own Life 5-Day Challenge« because you want to figure out how to live your own life. How you can stop living the life others expect of you! To figure out how you can live your life true to yourself!

Did you know that not doing so is actually one of the biggest, if not *the* biggest regret of the dying?



*“I wish I’d had the courage to live a life true to myself,
not the life others expected of me.”*

~From ‘The Top Five Regrets of the Dying’
by Bronnie Ware



By participating in this 5 day challenge you have taken the first step towards living your life the way you want it to live.

Today’s exercise is meant to take you out of the now and allow yourself to dream, to imagine what your life will look like 10 years from today if you were in charge of it.

Below you’ll find some questions that can help fire up your imagination.

Don’t shy away from pushing the boundaries!

This exercise is not about getting it perfectly right. It is about creating a vision of what is important to you.

It is about finding out what the things are you absolutely want to have in your life if you are to live it the way YOU want to.

As you’re writing try to let go of the negative thoughts that can hold you back from achieving the life you want for yourself.

For now, let go of thinking about HOW you will achieve the life you’re sketching out for yourself. That may come later. For now just focus on the WHAT!

So sit down. Take out 3 A4- or letter sized sheets of paper or take a big notebook. Find your favourite pen.

Are you comfortable yet?

Good! Now start writing!

P.S. If writing is not your thing and you’re much more comfortable drawing, painting, mindmapping, recording or anything else creative, then go for that.



Powerful questions to fire your imagination¹



*"Some men see things as they are and say, 'Why?'
I dream of things that never were and say, 'Why not?'*
~George Bernard Shaw



- What were you passionate about as a child?
- If you didn't have a job, how would you choose to fill those hours?
- What issues do you hold close to your heart? What are the issues, injustices, principles or causes that you really get riled up about?
- What is on your bucket list?
- If you had a dream, how could you make it happen?
- If you had a year to live, what would be most important to you to do and be in that time?
- What makes your heart sing?
- What do you do that would be hardest to do without?
- What are places in life or roles you fill that most touch your own emotions – where you find yourself laughing, crying, full of joy, sad, discouraged or inspired?
- What are 3 things you've done that you couldn't wait to get at each day? How about 3 things you dread and constantly wanted to avoid?
- What are some things in life you have a lot of energy for? Why those things? What are you doing in those times that energize or drain you?
- What do you see around you that you want to fight for (or against)? Why?
- What's been the most satisfying thing you've done? What made it so fulfilling?
- What in life gives you lasting satisfaction?
- What have you done in life that you are most proud of? Or that you'd love to do more of?
- What makes you feel fully alive when you're doing it? What have you done that gives you the feeling of being right in the sweet spot of life?
- If you could invest the rest of your life and know you could change one thing in the world around you, what would it be? What led you to choose that?
- Have you ever seen a tragedy on the news that made you cry? What was it? Why did it impact you that way?
- If you had unlimited resources and couldn't fail what would you set out to do?
- What is the dream you're afraid to voice, maybe for fear you'll be thought of as arrogant, presumptuous, silly or you won't be able to do it?
- If you dreamed in terms of potential instead of what you (can) do in your current situation, how would it change your dreams?
- What experience do you want to have in your lifetime?
- What do you want to learn? What skills do you want to master?
- What are 10 things you'd like to do in life purely for the joy and fun of it?
- Where would you like to go in your life? What would you like to see and do?
- Maybe you've thought of the costs of pursuing your dream. What's the cost of NOT pursuing it?
- Imagine you basically stay in your current life/career path until the day you retire. If you were looking back on that life, how would you feel about that?
- What will you lose if you stay safe in the life/career you are now and don't chase your dreams?

¹ This is not a list of questions that must be answered. Its only intent is to help fire your imagination and find the answer to the question what your life will look like when you are in charge of it.