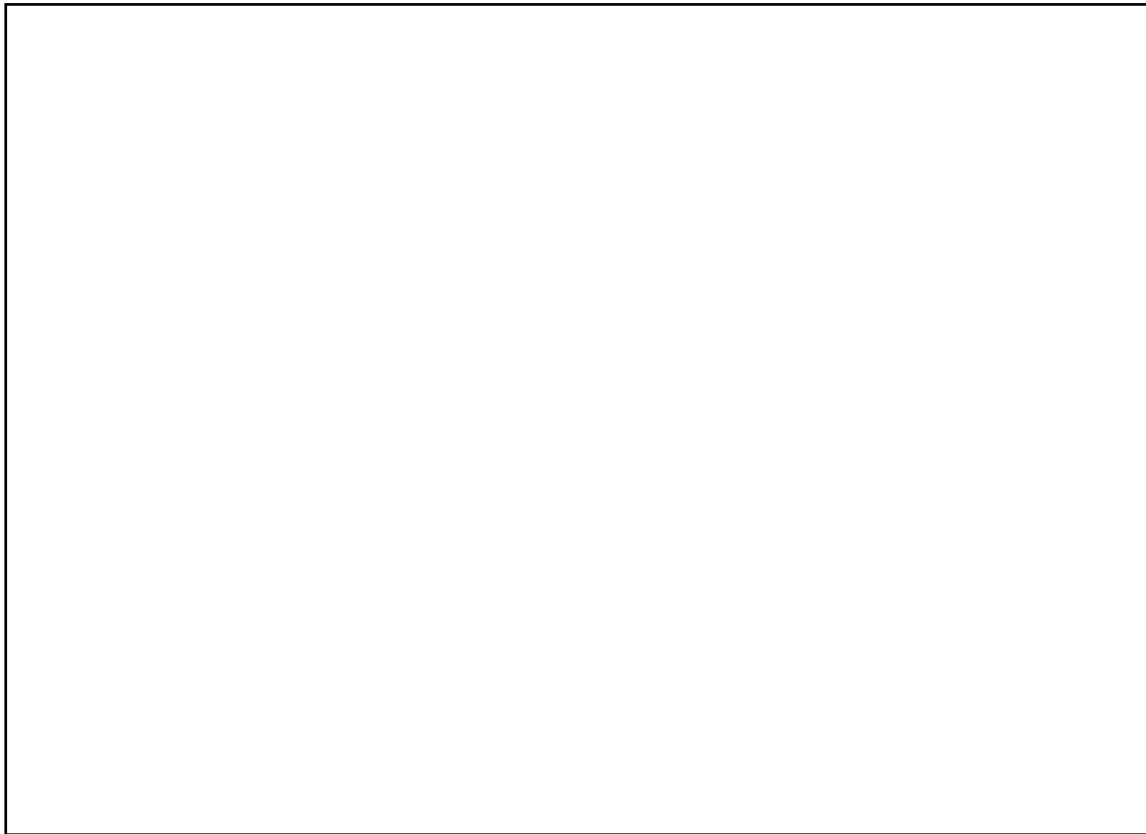


pAST, pRESENT & fUTURE

This exercise is a fun way to visually represent past, present and future versions of yourself, so that you can assess your priorities and make some positive changes going forward. Draw a picture of yourself at each stage e.g. your twenties, then provide a priority rating for each life area before adding any further detail.

Past



Stage

Priorities

Fulfilment

Health/wellness

Career

Relationships/family

Money

Notes

Present



Stage

Priorities

Fulfilment

Health/wellness

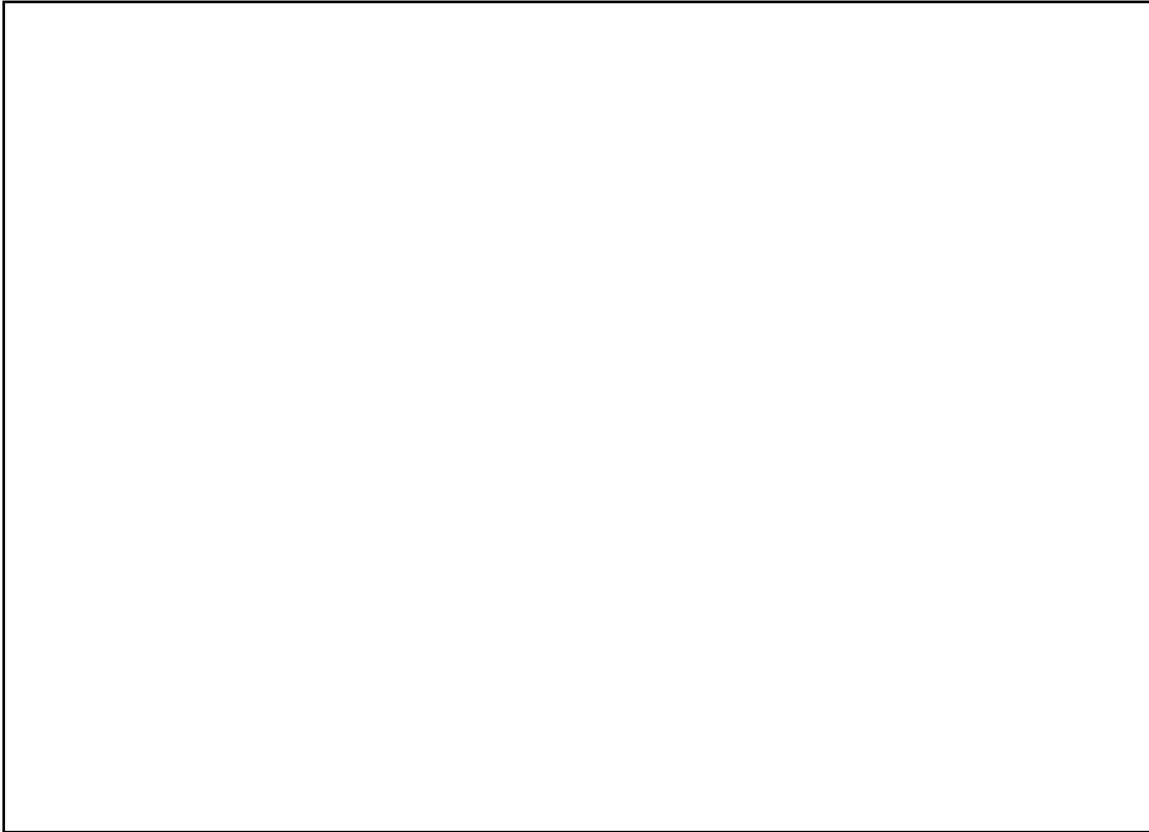
Career

Relationships/family

Money

Notes

Future



Stage

Priorities

Fulfilment

Health/wellness

Career

Relationships/family

Money

Notes