CREATING A BEAUTIFUL LIFE "THINKING FROM THE END" EXERCISE

"Thinking is hard work. That may be the reason so few engage in it."—Henry Ford.

"Image" 5 years into the future. What do you want it to look like? If you have to, work backwards. It doesn't matter if you don't know how you're going to get there. When you think from the end, it causes you to behave as if all that you would like to create is already here.

List people, places, events and experiences that you would like to have. Remember this is a work in progress, and it may change over the years. Be specific!

Don't just think it, INK IT!!! This is a written exercise, so either download this document or write it in your journal. Date it and sign and hold onto it. My beautiful life looks like this on_____ 20 _____



To be better, you must do better! Creating happier days after divorce doesn't happen by default. It happens by design. If you're exasperated with your current results, I can help. I offer one-on-one coaching, group coaching, and an online course called "The Divorce Survival Kit".

Schedule your free 30-minute coaching consultation with me to see if coaching is a fit for you. **connect@indiakern.com**