

# **A DAY IN THE LIFE**

Take sometime to think about the living a day in the life. You are experiencing [ fill out with the outcome/event you look forward to ] \_\_\_\_\_

I find that this also gives me interesting insights and creates future 'memories' to look forward to.

- **Where are you?**
- **Where do you live?**
- **What are you doing?**
- **How are you dressed?**
- **What's on your agenda today?**
- **What's on your mind?**
- **How do you feel?**
- **How different are you from your younger version?**
- **What can you learn from your future self?**