



# Paint Your Perfect Picture Visualization Exercise



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# Paint Your Perfect Picture

## Visualization Exercise

Paint the perfect picture of your life! Start with a blank canvas...if you could create the perfect picture - with no constraint of financial resources, career, family obligations, or past experiences - what would you paint?

How would you create your life from scratch if your canvas of life were blank? If you could do, be, or have anything that you desire...what would that look like for you?

For a moment, let go of your life as you know it right now. In your mind, erase any obstacles from your past that are unconsciously holding you back.

Pretend that your life is a blank canvas and you can create anything you want, live anywhere you want, do anything you want, accomplish anything you want, have anything you desire and be anyone you want to be. What does that look like for you?

**Next, write down your:**

- **MUST HAVES** (non-negotiables)
- **WHAT YOU WANT TO HAVE** (your desires)
- **WHAT YOUR LIFE WOULD LOOK LIKE** (if you could **BE**, **DO**, or **HAVE** anything your heart desires?)

**As an example:**

**My Must Haves (my non-negotiables):**

1. I must work within a 20-minute commute of my home
2. I must have flexibility to attend my kids sporting events
3. I must be able to make family dinners at least five nights per week

**My Want Haves (my desires):**

1. I want to own a beach house with an amazing ocean view
2. I want to be financially sound and living a life I love
3. I want to travel the world and share the experience with family and friends

**What My Life Would Look Like (perfect vision):**

1. I am deeply passionate about my life and am living my purpose
2. I am spending quality time with amazing people and with those that support my dreams and goals
3. I am using my unique gifts to serve the world for the greater good

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## Visualization Exercise

**Your Must Haves (your non-negotiables)**

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**Your Want to Haves (your desires)**

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**What Your Life Would Look Like (perfect vision)**

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