



## LIFE BUILDER

# SEE IT. BELIEVE IT. DO IT.

**TODO:** Go with the first thought that hits you. What's 1 goal, dream or intention related to each theme below? Then, imagine it. Visualize it. What does it look like? What does it feel like? Play it out like a movie in your mind.

### EXAMPLE

### WHAT DOES IT LOOK LIKE? WHAT DOES IT FEEL LIKE?

I want to perform on stage.

I would be on stage in front of all of my friends and family. I would be singing and dancing and acting. It would feel really scary, but also exciting. I'd feel so alive. People would be proud of me and I'd feel really proud of myself for working so hard to accomplish this goal.

### SCHOOL

### WHAT DOES IT LOOK LIKE? WHAT DOES IT FEEL LIKE?

### PROFESSIONAL LIFE

### WHAT DOES IT LOOK LIKE? WHAT DOES IT FEEL LIKE?

### SOCIAL

### WHAT DOES IT LOOK LIKE? WHAT DOES IT FEEL LIKE?

### HEALTH

### WHAT DOES IT LOOK LIKE? WHAT DOES IT FEEL LIKE?