

# Your Life Vision – Reflection Exercises & 7-Day Plan

Translate the audiobook into a clear, workable life vision – with five exercises and a 7-day plan.

## 5 reflection exercises

Take your time. A vision doesn't emerge in 20 minutes – but every exercise gets you closer.

### 1. The ideal day 5 years from now · 20 min

Describe a typical Tuesday 5 years out – as vividly as possible.

- Where do you wake up?
- Whom do you spend the day with?
- What are you doing between 9 and 17?

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### 2. Life areas check · 15 min

Rate 1–10: work, relationship, family, health, finances, meaning, leisure, personal growth.

- Where is the biggest gap between real and ideal?
- Which improvement would ripple the most?
- Where do you fool yourself?

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### 3. The heart impulse · 15 min

What have you long intended – and keep postponing?

- Why are you really postponing it?
- What is the smallest step today?
- How does it feel in 5 years if you didn't?

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### 4. Your resources · 15 min

List everything you already have: people, skills, experience, money, time.

- What is bigger than you usually think?
- Which resource do you underuse?
- Who is waiting for you to ask?

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### 5. Vision in one paragraph · 20 min

Summarise your vision in max. 5 sentences.

- Why is this vision worth it?
- What is the one sentence that contains it all?
- Whom will you share it with this week?

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## 7-day transfer plan

One day per life area – ending in your vision.

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|--------------------------|-----------------------------------------------------------------------------------------------------------|
| Day 1<br>Baseline        | Rate all life areas 1–10 and mark the biggest pain point.<br>↳ Where does it burn most?                   |
| Day 2<br>Dream           | Free-write 30 minutes: 'If nothing were impossible ...'<br>↳ What surprised you while writing?            |
| Day 3<br>Values          | Choose 5 values your vision must live up to.<br>↳ Do these values fit your daily life today?              |
| Day 4<br>Relationships   | Who should be in your life in 5 years – and who not?<br>↳ What does this mean for today?                  |
| Day 5<br>Work & calling  | What does your contribution to the world look like?<br>↳ What is the first step in that direction?        |
| Day 6<br>Health & energy | What daily routine energises rather than drains you?<br>↳ What do you drop starting tomorrow?             |
| Day 7<br>Vision draft    | Write your vision paragraph and read it out loud.<br>↳ Does it feel right – or is something still hidden? |