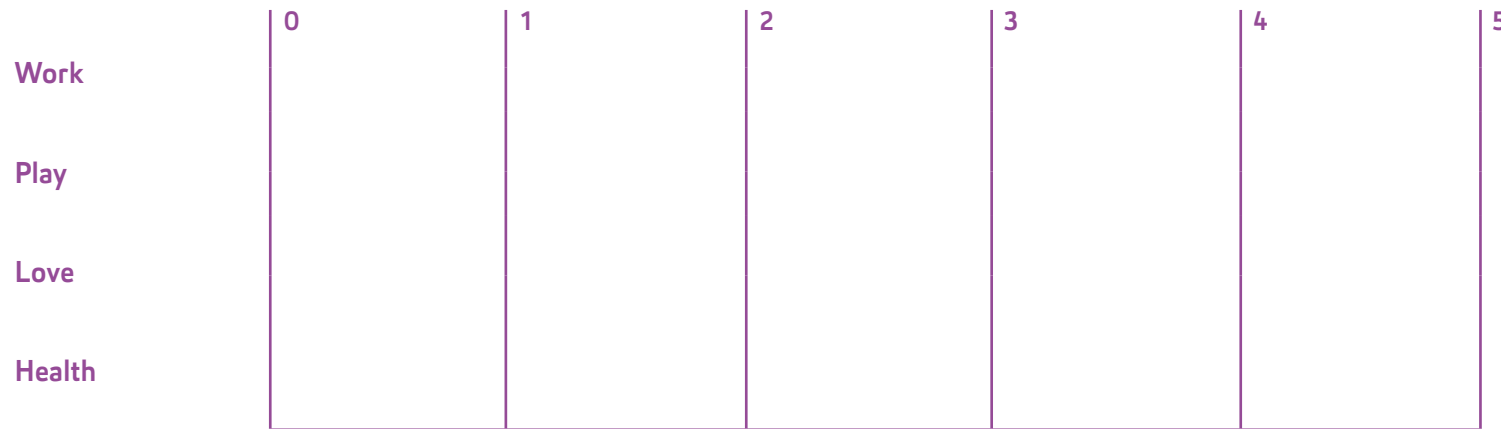


# DESIGN YOUR LIFE

## #2 Life is an adventure

### Design your best life possible

Very rarely do we take the time to map out our assumptions about how our life could work best. And what assumptions we hold about that being our only 'possible future'. Map out the plan you are currently envisaging for yourself over the next 5 years – being mindful to include all aspects of a full life (e.g. health, play, work, love).



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Contact [brightside@aut.ac.nz](mailto:brightside@aut.ac.nz)  
if you'd like some support in mapping this out.

## What is your 'plan b'?

What would you do if that first plan was not available?

	0	1	2	3	4	5
Work						
Play						
Love						
Health						

Alternative plan # \_\_\_\_\_



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## What is your dream life (without limitations)?

What if money were no object? What if you had perfect health, and could live anywhere? What would you do differently?

	0	1	2	3	4	5
Work						
Play						
Love						
Health						

Alternative plan # \_\_\_\_\_



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