

The Life I *Imagined*

A SPACE TO REFLECT

DREAMS
DESIRES
POSSIBILITIES
A BRIGHTER YOU



Sometimes we carry a picture of how we thought our lives would look by now. There can be tenderness in remembering that picture. You don't need to push it away or decide whether it was right or wrong. Simply give yourself a little space to notice what is there.

1

When I once imagined my life at this age, what did I picture?

2

What part of that imagined life do I find myself returning to or wondering about?

3

What did I hope that life would allow me to experience or feel?

*Connection · Freedom · Adventure · Creativity · Security
Belonging · Love · Purpose · Joy · Or something entirely your own.*

4

What might this longing be helping me understand about myself today?

*It's okay
to hold space
for what once was.*



A BRIGHTER PERSPECTIVE. A MORE COLORFUL LIFE.

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