

Cheat-sheet of questions for the 'ideal life' exercise

Thinking about your ideal life – the answers to these questions will be *what*, turn these into values by asking the *why* behind each answer and looking for common threads in those that are most important.

Work

- What kind of sector do you work in?
- What sort of company do you work for, or do you work for yourself?
- What kind of role do you have?
- What do your work hours look like? Full-time? Part-time? Flexible/contract based?

Living arrangements

- What kind of area do you live in? City? Rural? Remote?
- What is your neighbourhood? Fancy? Affordable?
- What kind of dwelling do you live in? Size? Garden? Fixer-upper or turn-key?
- What kind of climate do you live in? Mountains? Tropical?
- What do you need to be close to? Beach? Choice of restaurants? Hiking trails?
- Do you rent or own your home? Do you have it paid off or do you still have a mortgage?

Finances

- What does your take-home wage need to be?
- What are your lifestyle expenses?
- What are your debts?
- What are your savings rates and savings goals?

Hobbies

- What do you want to do in the evening?
- What do you want to do at weekends?
- What do you want your holidays to look like?
- How often do you spend on personal hobbies and projects?

Personal wellbeing

- What is your general health and fitness?
- What is your physical capability? Marathon runner or just want to keep mobile?
- What does your diet look like?

- What are your stress levels and mental wellbeing?

Relationships

- What do you bring to your relationships and what benefits do you gain from them?
- How often do you spend time with people and how often are you alone?
- What do your immediate family/partner relationships look like?
- What do your extended family relationships look like?
- What do your friendships look like?
- What do your relationships with colleagues look like?