A Perfect Life

What Are the 25 Elements of Your Perfect Life?

Who would be in your perfect life? What possessions would you have? What personal qualities? What experiences? Include both the elements that you already have which are perfect as well as the elements you don't yet have but which are possible to have during the next year or two. No pipedreams, coulds, shoulds or will-do's, please. Fill the circle as you complete each element.

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Notes

Would Support Be Helpful?

Crafting and creating A Perfect Life is a lot more fun when you can focus on this with a friend, partner, colleague or professional coach. Especially important is how you identify and articulate each of your 25 elements. Properly phrased, each element would excite and naturally motivate you. Poorly phrased, the items become just more to-do's in your life. For more tools, visit www.aperfectlife.com.

Or, contact Celeste Hamman, coach@celestehamman.com.

a perfect life
(if not now, when?)