

## My LifeVision

**LifeDimension:** \_\_\_\_\_

*Picture the person who is the focus of this LifeDimension standing before your friends and family one day far in the future, saying, I'd like to tell all of you what my relationship with (fill in your name or the name by which they would refer to you, e.g., my dad/mom/husband/friend) meant to me.*

*Then write the words that come from your heart. Don't hold back. Write everything that you will want this person to say — everything you care about, hope for, and dream will come true. Write about the relationship you had, the adventures you shared, the times when you laughed together, and the times when you revealed your deepest heartache. Give this person the words you will want him or her to be able to say about your life and how much it mattered. Get it all out on paper now. Write as though your life depended on it. It does.*

Excerpts taken from

