

## LIFE CRAFTING EXERCISE (30 min)

1. What are your hobbies, activities, things you liked to do as a child?

---

---

---

---

---

---

2. What are your positive characteristics and your developmental areas (things you'd like to improve)?

---

---

---

---

---

---

3. What will your future look like if you don't use your full potential/ make any changes to your life now?

---

---

---

---

---

---

---

---

---

4. Imagine anything is possible, what would your ideal future look like?  
(think about your health, career/education, family/social life, spiritual  
life)

---

---

---

---

---

---

---

---

---

---

5. Describe 1-2 goals you would like to pursue based on your ideal future in the following areas (physical and mental health, career/education, family/social life, spiritual life). Skip an area if you are content with it.

What are the steps you will take to reach each goal?

Area	Goals	Step #1	Step #2	Step #3
Health	Goal #1:			
	Goal #2:			
Career/ Education	Goal #1:			
	Goal #2:			
Family/ Social life	Goal #1:			
	Goal #2:			
Spiritual life	Goal #1:			
	Goal #2:			

6. Prioritise your goals. Start with the most important goal in each area.  
How much time will you spend on each goal each week?

Slot your actions in your weekly schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							

7. What are potential obstacles you may face in achieving your goals?  
What can you do if faced with these obstacles? (If I encounter obstacle A,  
I will do action B)