



daydream
diary



Daydream Diary | Find the vision for YOUR life

A compelling vision:

1. Puts substance behind your goals and gives you a destination to head for. It's your finish line.
2. Makes it easier to get through roadblocks. Hurdles will seem much smaller.
3. Sets your expectations. It defines success on your terms.
4. When you know what success means to you, you can feel confident in your decision making.

Step 1



**What's not
working
today?**

Step 2



**How do you
want your life
to look?**

Step 3

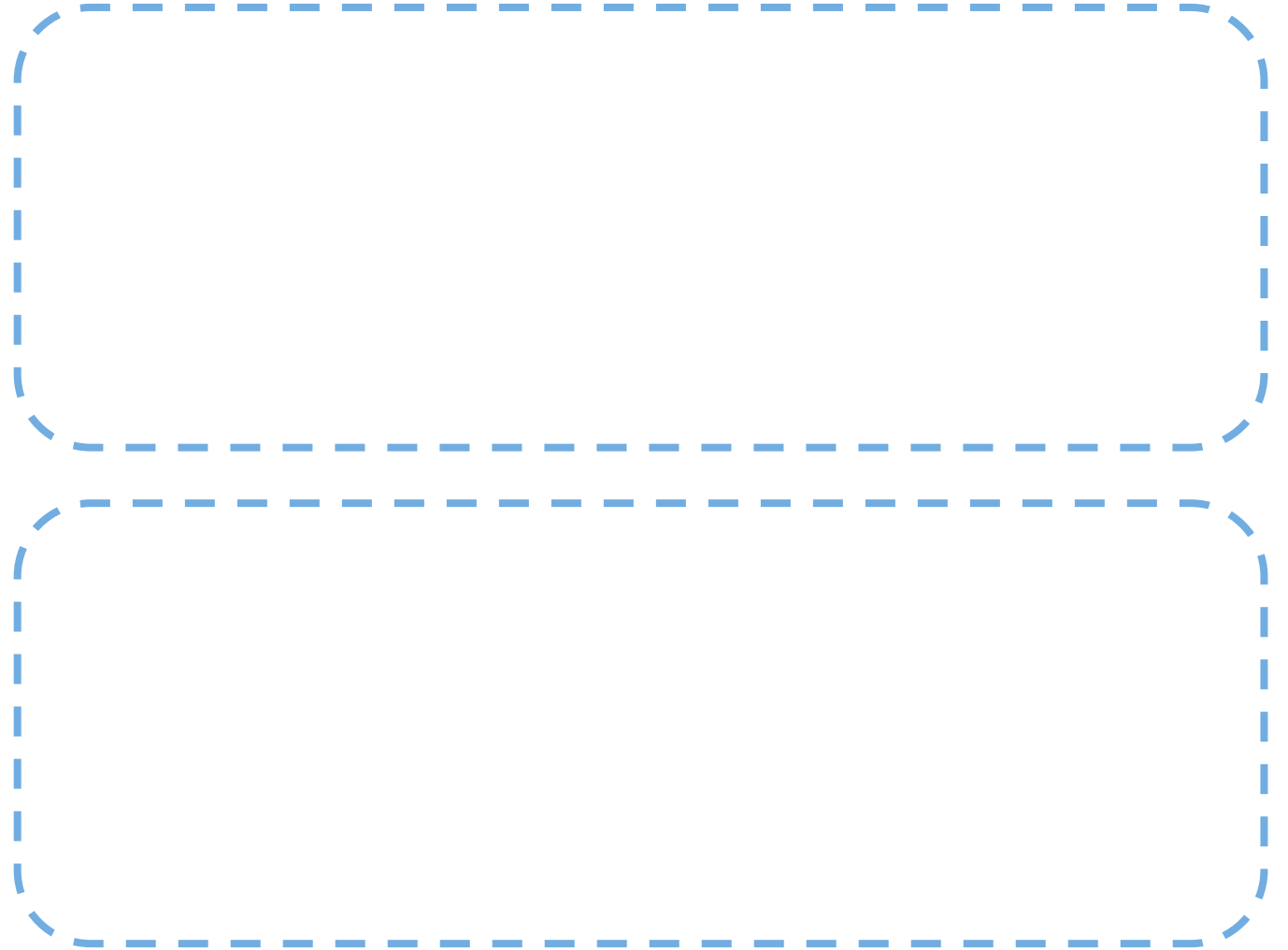


**Create your
Daydream
Diary**

STEP 1 | What's not working today?

- What problems are you trying to solve in your life and career?

- How do these problems make you feel?

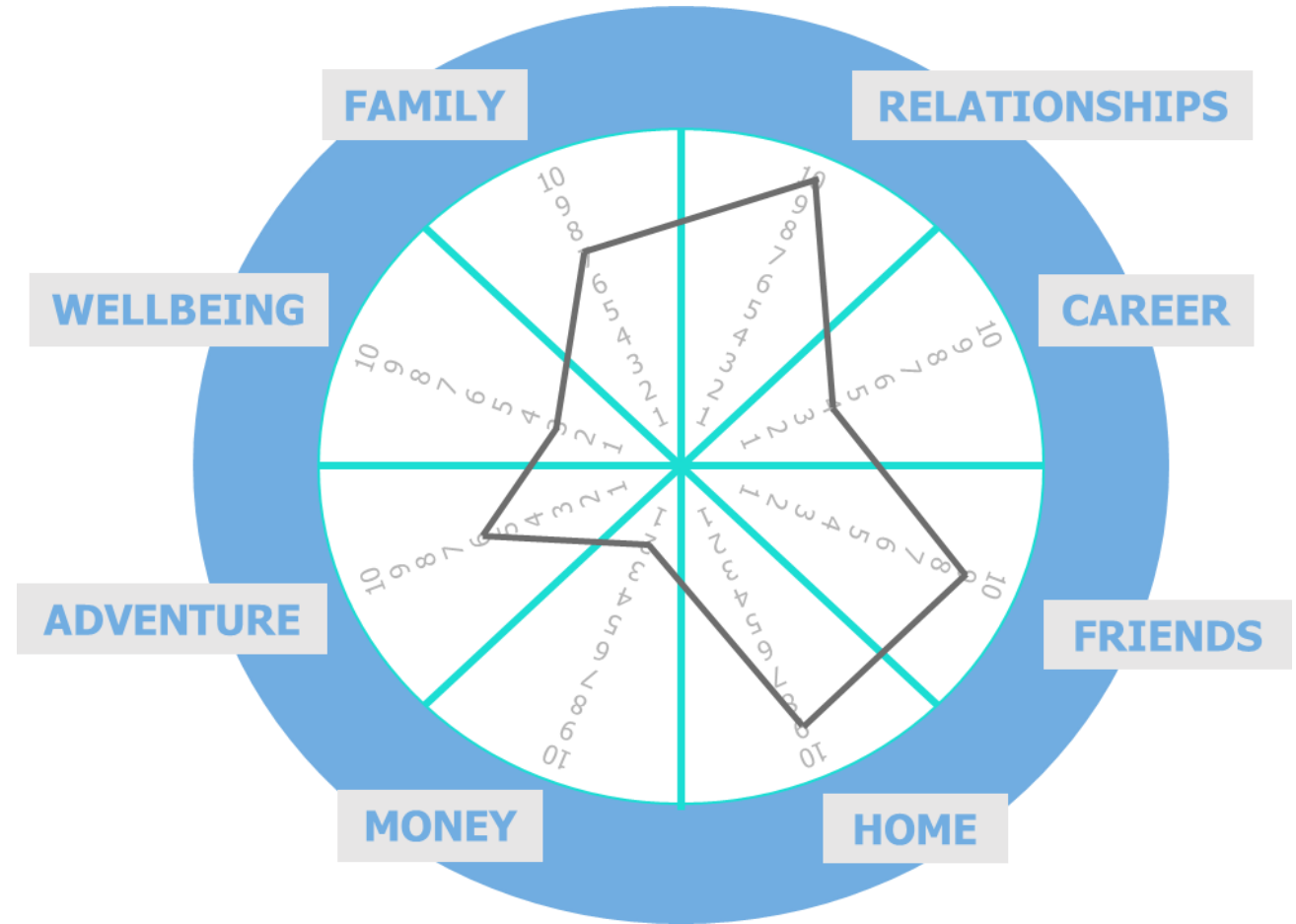


STEP 1 | What's not working today?

Take a look at the example coaching wheel here.

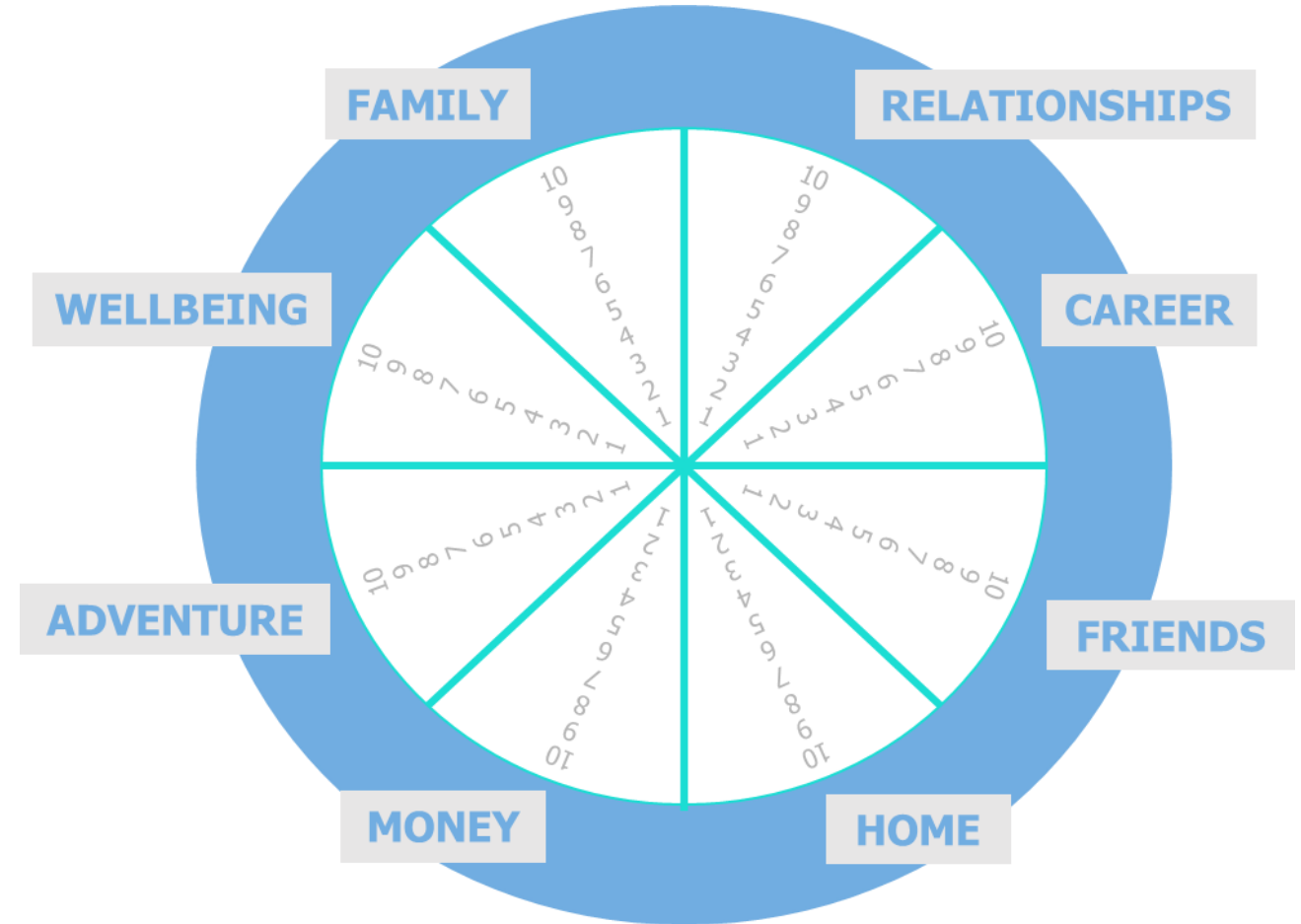
The wheel allows you to focus on different segments of your life, to establish where you are today and to improve each area in turn.

It also gives you an overall picture of all the parts that compromise a happy life.



STEP 1 | What's not working today?

- Take each segment in turn and think about what it means to you. Focus on how you feel about your life in this area, then give it a score with 1 being awful, and 10 being brilliant.
- Plot each point on the blank wheel here and join up!
- Now draw a 2nd line on in a different colour to represent the improvements you will see in your life once you achieve your goals.



STEP 1 | What's not working today?

- By solving the problems you've identified in your life and career, which areas of the wheel will improve?
- By how many points each?
- Capture your thoughts here.



STEP 2 | How do you want your life to look?

- Describe your 'crazy' dream
 - What will you be doing?
 - What will a typical day look like?
 - How will you feel?
 - Add as much detail as possible

- Are there a number of options that will get you to live the dream above? If so, then capture them all here.



STEP 2 | How do you want your life to look?

- Explore all the options above using the questions below to help you, then define your ideal:
 - Check back to the problem areas you identified in step 1 - how well on a scale of 1-10 would each idea address your current situation?
 - Take a look back at your Coaching Wheel - how well on a scale of 1-10 would each option help improve the areas of your life today that are below par?
 - Capture your thoughts and update your vision to reflect anything new you have now learned.



STEP 3 | Create your Daydream Diary

Now for the fun bit!

Fast-forward to a year from today and write a letter to yourself, describing where you are, what you're doing, what you've achieved, how daily life is living your dream and how you feel.

Think about your whole life - not just work or home. Here are a few tips:

1. Be as creative as you like - you may well be the only person that reads this! What do you see, hear, smell? How do you feel? What would those closest to you be saying - what differences have they seen/felt? The more detail and colour you can add the better.
2. Take yourself out of your day-to-day environment and go somewhere that allows you to dream...big. Go somewhere you find inspiring and beautiful to write the letter, take your time and don't worry about editing or censoring. Don't cross things out and write again, this isn't a writing competition, and nobody is grading you on your grammar or the realism of your work.
3. Don't judge what you have written as good or bad, possible or impossible. It's just what's here right now. This will allow you to be honest with yourself about what really matters, and what you have to do to achieve it. When you read the letter back, you should feel inspired and energised by what you have written.

STEP 3 | Create your Daydream Diary

Use the space here to write your
very own Daydream Diary letter to
yourself...



STEP 3 | Create your Daydream Diary

Now you've completed the letter there are a couple of things you can do to bring it alive...

Keep it where you can see it regularly (inside your wardrobe/sock drawer) and re-read it from time to time to remind yourself of your goals.

That's the 'safe' option.

Something I like to do is to share my letter with someone I trust - a coach, partner or close ally who will champion me and hold me accountable.

If you want to take it a step further, then email the letter to me and I will commit to sending it back to you one year later - a true 'goose bumps' moment when you realise just how far you've come in a few short months.

Next Steps | How can I support you further?

Hi,

By now you should have a clearer idea of what a dream life could look like for you, and be ready and motivated to take those next few steps!

If you want a helping hand to guide you through the next stages and keep you on track then either check out the coaching options on my website at www.hollyashford.com or drop me an email to holly@hollyashford.com - I'd love to help you out!

All the best,

Holly Ashford



HOLLY ASHFORD
Consulting & Coaching