YOUR EXTRAORDINARY NEXT CHAPTER

A Reflection Guide for Women Ready to Envision What's Next

You've been successful. Now what?

You have spent years building a life, caring for others, achieving goals, overcoming challenges, and becoming the woman you are today.

But perhaps lately you have found yourself wondering: **What do I want now?**

Not what others expect. Not what you *should* want. Not what made sense ten or twenty years ago. What do **you** want from the next chapter of your life?

This 10-15 minute guide is an invitation to listen to yourself, dream again, and begin envisioning a life with more meaning, joy, purpose, contribution and impact.

There are no right or wrong answers. Just your answers.

Linda M. Hogan
Author, Envision Your Extraordinary Life: Living Happy, Joyous, and Free

1. WHERE AM I NOW?

Before we envision where we want to go, it helps to recognize where we are. Think about your life today - without judging it.

What is going well in my life?

What am I most grateful for?

What feels like it may have run its course?

What am I tolerating that I would like to change?

What have I been telling myself I'll do "someday"?

Notice what surfaced. You do not have to solve anything yet. Awareness is the beginning of intentional change.

2. WHAT DO I WANT MORE OF?

Sometimes envisioning the future begins with a simple question: **What do I want more of in my life?**

Check anything that calls to you. Then circle or mark your **top three**.

- ☐ Joy
- ☐ Purpose
- ☐ Travel
- ☐ Physical strength & vitality
- ☐ Creativity
- ☐ Friendship
- ☐ Romance
- ☐ Freedom
- ☐ Contribution
- ☐ Leadership
- ☐ Making an impact
- ☐ Meaning
- ☐ Adventure
- ☐ Better health
- ☐ Spiritual growth
- ☐ Learning
- ☐ Family connection
- ☐ Fun
- ☐ Financial confidence
- ☐ Community
- ☐ Giving back
- ☐ Peace

Something else:

My three priorities are:

Why are these important to me now?

Your priorities are clues. They point toward the life that wants your attention.

3. GIVE YOURSELF PERMISSION TO DREAM

For the next few minutes, put practicality aside. Forget your age, other people's expectations, and all the reasons something might not work.

If I knew I couldn't fail, what would I try?

If I weren't afraid, what would I do differently?

Where would I love to travel or explore?

What would I love to learn or experience?

What dream have I quietly put aside?

If nothing were holding me back, what would I really want?

4. WHO DO I WANT TO BECOME?

Creating an extraordinary life is not only about what you accomplish. It is also about **who you become**.

Imagine yourself five years from today. You are healthier, energized, connected, using your gifts, and spending more time on what matters. You feel good about the woman you have become.

She is...

What does she believe about herself?

What has she stopped being afraid of?

What has she finally given herself permission to do?

What does she no longer need to prove?

You do not need a title to lead. You can become the leader of your own future.

5. WHAT IMPACT DO I WANT TO MAKE?

Leadership happens in families, friendships, workplaces, neighborhoods, organizations and communities. Your experiences, talents and wisdom can matter to others.

Who could benefit from what I have learned?

Who do I want to help?

What cause, community or issue matters deeply to me?

How would I like to make a difference?

When people think about the impact I've had, what do I hope they say?

6. IMAGINE YOUR EXTRAORDINARY DAY

Close your eyes for a moment. Imagine waking up several years from now and realizing: **I love my life.**

Where are you? Who is with you? How do you feel physically? How do you spend your morning? What are you doing during the day? Who are you helping? What makes you laugh? What makes you feel alive? What are you looking forward to?

My Extraordinary Day

Do not worry about how you will get there yet. First, allow yourself to see it.

7. TAKE ONE STEP

An extraordinary life is not created in one giant leap. It begins with one decision, one conversation, one walk, one class, one boundary, one adventure, one courageous **yes** - or sometimes one courageous **no**.

One thing I will do in the next 7 days to move toward the life I envision is:

I will do it by:

ONE FINAL QUESTION

Imagine yourself many years from now, looking back on this chapter of your life. Which would you regret more: trying something and discovering it wasn't for you - or never discovering what might have been possible?

Your extraordinary life doesn't begin someday.
It begins when you decide to envision it.

READY TO GO DEEPER?

In *Envision Your Extraordinary Life: Living Happy, Joyous, and Free*, Linda M. Hogan guides you through a process for moving from imagining what you want to intentionally creating it.

The **Visionary Women's Mastermind** offers a supportive community for women who want clarity, meaningful goals, encouragement, accountability and the courage to create their extraordinary next chapter.

You've been successful. Now, what will you do with what's next?

Envision it. Believe it. Create it. Live it.