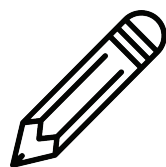


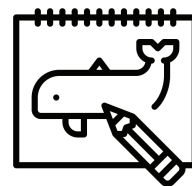
## MY BIG PICTURE Today's date



Take 10 minutes out from your schedule, it's time to flex your creative muscles. Don't panic because MichaelAngelo, Picasso and Rembrandt all kicked the bucket a long time ago. This is just for yourself, so stick figures and scribbles work just fine! Anything you can't draw, use a key word.

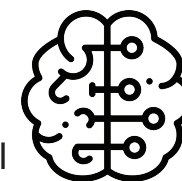
**In 2 years from now where would you like to be?** What are you doing and who is by your side? Have you made any big moves, like a new home or started that business you've been putting off? Are you smiling? Do you have the posture of a super hero or a worn out old donkey? Have you smashed your debt? Surround yourself with the things that matter to you.

Think of this exercise as drawing a snapshot of the life you want to be living in 2 years time.



### RULES

1. Draw YOUR Big Picture in the block above
2. Start with you in the centre
3. Don't sell yourself short and be honest
4. Add as much color as you want - the more detail to refine your vision, the better!
5. Put this drawing somewhere you will see it every day. Look at it, remind yourself why this vision is important.
6. Work at it, little bit by little bit. Every single day.
7. **Treat this as if your future depends on it!**



The science behind this, according to the smart guys in lab coats works like this:

1. Taking the time to sit down and actively think about setting goals and refining our direction can relieve stress and increase positivity.
2. Putting your thoughts of the future down on paper in a visual way helps to create more specific objectives and helps us to determine realistic targets from those unrealistic dreams.
3. The brain does an amazing trick when it sees, what was previously a thought or a wish, in a tangible way. When we something with our eyes, even a doodle, our brains move that idea from a wish to a possible objective or goal.