**Design a Life You Love** *A reflection worksheet from Country Living Connoisseur*
**Dream it. Design it. Do it.**

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**1. What Matters Most to You?**
List your top 5 values, passions, or priorities that guide the way you want to live. Think about what lights you up, what you want more of, and what you'd miss if it disappeared.

*Examples: Creativity, Time with Family, Freedom, Faith, Beauty, Service, Health, Nature, Community*

1.
2.
3.
4.
5.

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**2. Describe Your Ideal Day**
Imagine a day that feels deeply fulfilling—not rushed or perfect, but *aligned* with the life you want. Where are you? Who are you with? What are you doing? How does the day *feel*?

Start with: "I wake up and..." and walk yourself through the day in simple scenes.

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**3. Tiny Steps Forward**
Now, zoom in. What's one small, doable thing you could try *this week* to move toward the life you pictured? Pick something easy and tangible.

*Examples: Take a walk every morning. Make space for journaling. Text a friend to plan a coffee date. Set a screen-free hour. Start a vision board.*

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Tape this up somewhere you'll see it. You don't need to have it all figured out. Just take the next tiny, brave step.

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