



# In Her Dreams:

## A VISUALIZATION EXERCISE FOR HER FINANCIAL FUTURE

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**Getting clear on what your ideal financial future looks like is the first step in drawing the MAP that will help you achieve it. No dream is too big here and no place from which you may be starting is too small. The only thing required for this exercise is honesty.**

**Take note** of what excites you as well as any hesitations that arise as you navigate the questions. Listen closely to what you have to say. You may be surprised to learn what you really want when it comes to the experiences and feelings you expect from your financial future.

If you were given \$1M today, what would you do with it? Why?

How would you describe your current financial health as it is today?

List 3-5 things you feel when you think about your current financial health. Now, what do you want to feel when you think about finances in the future?

Write down characteristics of the lifestyle you envision for your future.

What are three of the most important things you'd like to do or accomplish in life, assuming you're financially able to do so in the future?

**Finish the following sentences** by writing in the first word(s) that comes to mind. Don't overthink it. There's no censoring or editing needed. Jot down the first thing that you think of when you read the following and you're on your way to unlocking the financial future of your dreams.

Money is...
Success means...
The best financial advice I've ever heard was...
When it comes to money, my friends are...
To me, living in comfort means...
When I hear the word, "saving," I think....
Being financially independent means....
Investing is...
The worst financial advice I've ever heard was...
The best money I ever spent was...
I'll know I made it if...
Retirement is...

**Now, stop.**

Close your eyes and picture what your financial future looks like. At first, you may see an assortment of images like a never-ending Pinterest feed, and that's OK. Narrow your focus on the images that bring you closest to how you described wanting to feel about your finances in the future. What do you see? Get specific about where you are, what you're doing, the people and things around you, etc.

Finally, open your eyes and write down the financial future you'll bring to life.

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