

## What's Your End Game?

*Without a road map, it can be hard to define where you're going. The purpose of this exercise is to provide clarity, so you can remember why you embarked on this journey. Take some time to consider where you want to be six weeks, six months or one year from now.*



*Give yourself the space to choose what you want for your life. Write down your ideas, and create a paragraph or two about your intentional living. Be sure to include a timeframe, and be specific and positive in the language you use.*

**1. How do I want my physical, emotional and spiritual self to look and feel?**

**2. When I'm performing my ministry or life mission I feel...**

**3. If I knew I couldn't fail, I would (fill in)...**

*Close your eyes and go to your perfect ending. Write it down now.*

**When I look in the mirror I see -**

\_\_\_\_\_

**My body feels**

\_\_\_\_\_

**I enjoy spending time**

\_\_\_\_\_

**When I practice self-care I  
feel**

\_\_\_\_\_

**A rested heart makes me  
feel**

\_\_\_\_\_

**My friends notice  
my**

\_\_\_\_\_

**I surround myself  
with**

\_\_\_\_\_

**This makes me  
feel**

\_\_\_\_\_

**I am excited about my life  
because**

\_\_\_\_\_

**When I'm living my end game I  
feel** \_\_\_\_\_

**What are five things you can do today to create this same feeling?**

- 1.
- 2.
- 3.
- 4.
- 5.

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