My Subconscious Expectations

Name

Date

For this exercise, write the first things that come to mind for each questions. Try not to overthink it!

What are your favorite parts of your current life? Which of those do you want to keep as a part of your adult life?

Imagine yourself as an adult who is not married. What does your life look like?

Imagine raising your own children. What do you want their life to be like?

Imagine being 90 years old. When you look back, what would you like to say you did as an adult?