

What Do I Actually Want From My Life?

A Sunshine on Tap reflection worksheet for rediscovering what makes life feel alive

Sometimes the hardest part of figuring out what we want is that we are asking ourselves the wrong question.

We ask:

What should I accomplish?

What should my five-year plan be?

What career should I pursue?

What is my purpose?

But a meaningful life is more than a collection of accomplishments.

Before deciding what you want to **do**, it can help to discover how you want your life to **feel, look, and unfold**.

This worksheet is an invitation to imagine your life without worrying yet about whether it is realistic, productive, impressive, or practical.

For now, simply explore.

Part One: Imagine an Ordinary Week

Imagine it is five years from now.

You don't need to have become rich, famous, perfectly healed, or extraordinarily successful.

Instead, imagine that you genuinely like your life.

Now picture an ordinary week.

Where do you wake up?

Describe the place, the atmosphere, the sounds, the light, and what surrounds you.

What do you see when you look outside?

How much of your week is scheduled?

Do you enjoy structure? Freedom? A mixture of both?

What kinds of commitments feel worthwhile?

What are you doing with your hands?

Are you cooking, gardening, building, painting, repairing, writing, making pottery, creating music, caring for animals, or doing something else?

What kind of work are you doing?

Instead of focusing on your job title, think about the experience.

Are you solving problems? Creating? Teaching? Leading? Helping? Researching? Building? Connecting people?

How much time belongs completely to you?

What do you do with it?

Where do you go?

Think beyond vacations.

Do you explore your own town? Hike? Travel internationally? Visit museums? Wander gardens? Go to concerts? Try strange little restaurants?

Who is around you?

What kinds of people are part of your world?

What qualities do they have?

What are you learning?

What subjects, skills, ideas, or experiences continue making you curious?

What does your life contain that makes you feel ALIVE?

Imagine Sunday night arrives.

You look back at your week and think:

“Damn. I really like my life.”

What happened that week?

Part Two: Finish the Sentences

Don't overthink these.

Your first instinct may tell you more than the answer you carefully construct.

1. I want to wake up most mornings feeling...

2. I want my days to have more...

And much less...

3. I want to spend a ridiculous amount of time...

4. I want people in my life who...

5. I want to create...

6. I want to become someone who...

7. I would regret getting older and realizing I never...

8. If money, other people's expectations, and my current responsibilities disappeared for a while, I would be curious to see what happened if I...

9. A life that would feel like a waste to me is one where...

10. A life that would make me think, "Holy crap, I actually LIVED," would include...

Part Three: Look for the Pattern

Now reread everything you wrote.

Don't look for a perfect plan.

Look for **repetition**.

Circle or underline words, experiences, feelings, people, places, and ideas that appear more than once.

You might notice themes such as:

Adventure
Freedom
Creativity
Love
Community
Learning
Nature
Security
Beauty
Play
Contribution
Peace
Passion
Wonder
Connection
Growth
Service
Exploration
Family
Spirituality
Curiosity
Rest
Independence

Or something completely different.

My recurring themes are:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Part Four: Your Life Pillars

Choose approximately **four to seven themes** that feel essential.

These aren't goals you finish.

They are ingredients you want your life to regularly contain.

Pillar One: ____

What does this look like in real life?

Pillar Two: ____

What does this look like in real life?

Pillar Three: ____

What does this look like in real life?

Pillar Four: ____

What does this look like in real life?

Pillar Five: ____

What does this look like in real life?

Pillar Six: ____

What does this look like in real life?

Pillar Seven: ____

What does this look like in real life?

Part Five: Find Your North Star

Now forget about job titles and five-year plans for a moment.

Complete this sentence:

My goal is to build a life that feels...

And contains...

Because when I eventually look back on my life, I want to know that I...

Turn It Into a Life Statement

Use your answers to create a short statement describing the life you want to live.

You can use this structure:

My goal is to build a life filled with _, _, and _. I want to spend my time _, experience _, surround myself with _, and contribute _. I want to keep becoming someone who _.

My Life Statement

Part Six: Don't Wait for the Future

There is one final question.

Look at the future you just described.

Then ask:

What parts of this life can I begin experiencing now?

You may not be able to move across the world tomorrow.

But perhaps you can explore somewhere new this weekend.

You may not have your dream art studio.

But perhaps you can take one class.

You may not have your ideal community.

But perhaps you can meet one new person.

You may not have complete freedom.

But perhaps you can protect one afternoon.

One thing I can experience more of THIS WEEK:

One small adventure I can have:

One thing I want to learn or try:

One person I want to connect with:

One thing I want to create:

One thing I can stop doing simply because I think I “should”:

Your Final Question

Whenever you feel lost, overwhelmed, or unsure what comes next, return to this:

Does the way I am spending my life actually resemble the life I say I want?

You don't have to transform everything at once.

You don't need a perfect five-year plan.

You simply need to begin moving toward **more of what makes you feel alive** and away from the things that consistently make your life feel smaller.

One promise I want to make to myself:

I will not spend my entire life preparing to live.

What does that promise mean for me personally?

Sunshine on Tap — tools for creating more joy, wonder, curiosity, mindfulness, and everyday magic in the life you're already living.