

Before we begin to **Master** our **Mind**, it's important to have a perspective of where we have been, where we are now and where we want to be. Take your time to rate each of the 10 categories between 0 and 10. With 0 being the worst and 10 being the best. Then write a sentence for each explaining why you gave your rating.

(This exercise is completed best when you remove yourself from any distractions)

Past

Take time to think about where you were 5 years ago, rate each category first and then write a sentence explaining why you gave your rating.

	Rating	Reason
Mental Health		
Physical Health		
Relationships		
Living Environment		
Social Life		
Career		
Finances		
Hobbies		
Spare Time		
Overall Happiness		

Present

Now you have reflected on the past, it's time to evaluate your present ratings. Again rate each category first and then add a sentence explaining why you gave your rating.

	Rating	Reason
Mental Health		
Physical Health		
Relationships		
Living Environment		
Social Life		
Career		
Finances		
Hobbies		
Spare Time		
Overall Happiness		

Before completing the next section, take a moment to review the answers you previously gave. Think about if you have made in any progress in each area, if you have moved backwards or maybe you haven't progressed as much as you would have liked.

This will help us to take **perspective** and allow to identify areas you want to see more change and prepare you for thinking about where you want to be in the future.

Future Now consider where you want to be in 5 years, remember to rate each category first and then explain in a sentence why you **will** be at that number in 5 years time.

	Rating	Reason
Mental Health		
Physical Health		
Relationships		
Living Environment		
Social Life		
Career		
Finances		
Hobbies		
Spare Time		
Overall Happiness		

By completing this task, you will have provided yourself with powerful information. Not only will it allow you to understand where you have come from and where you are currently. You will have created a **vision!**

You should now have set yourself a target and a goal of where you want to get to. The ratings you have provided allow you to see the progress you want to make in each area of your life.

The reasons you have written down are a great starting point to help you understand why you want to develop in each area.

We hope this has helped you to creating your **vision**, this will allow you to create a strategy and process that enables you to achieve the ratings you have provided.

If you are keen to take us up on a trial of our membership programme, that works out at 16p a day for the first month, then [click here](#) to find out more.