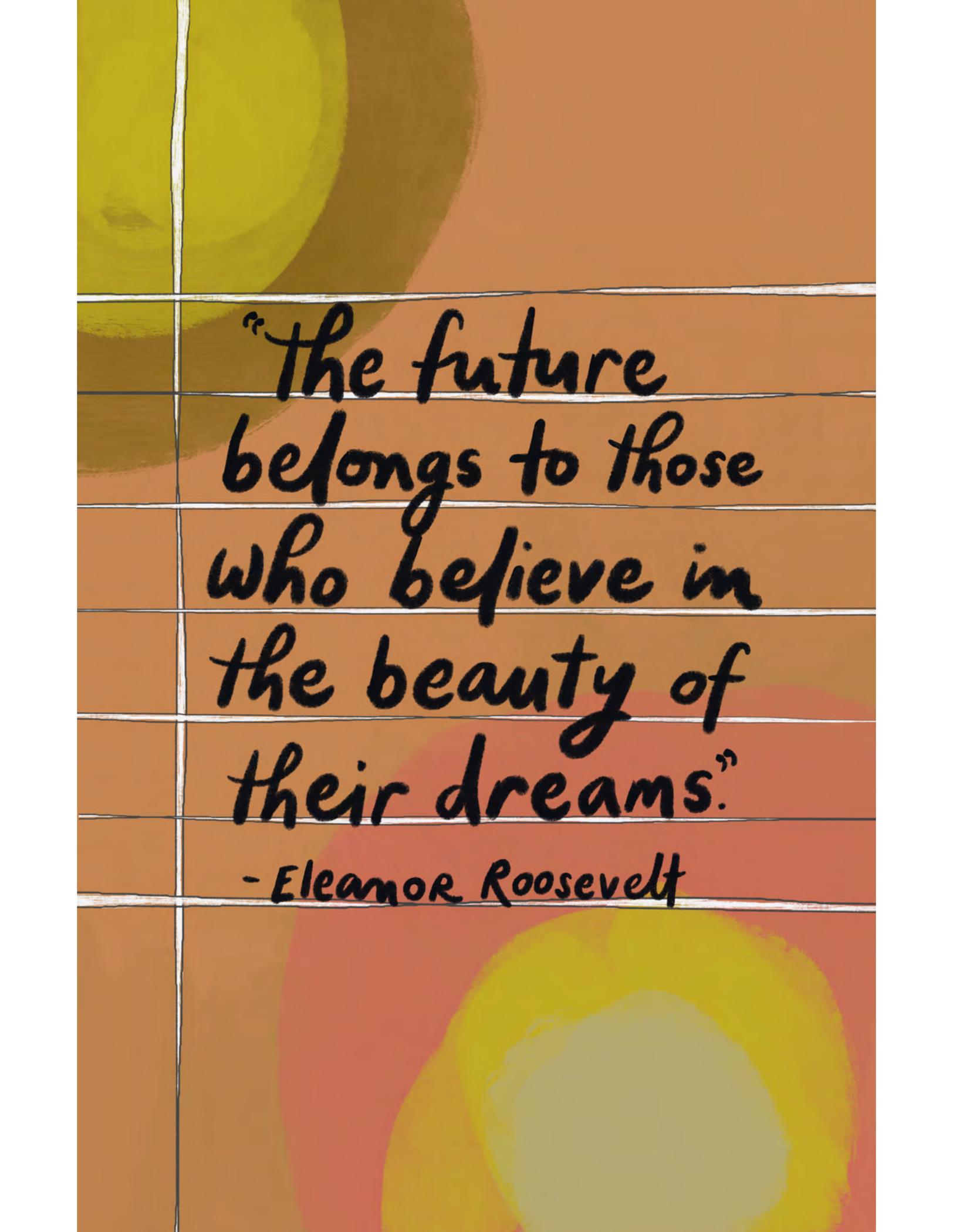


Design Your Remarkable Life

a workbook to inspire
your 10 year plan
exclusively created for
the Mel Robbins Podcast

Debbie Millman



"The future
belongs to those
who believe in
the beauty of
their dreams."

- Eleanor Roosevelt



Ten years

may feel like both
an eternity and a blink.

This workbook is an invitation to dream, to imagine your life in its fullest form, and to create a vision for what a decade of possibility might hold. It's not about steps or process or checklists - it's about giving yourself the space to see what could be, and envisioning the life you most want to live.



Over

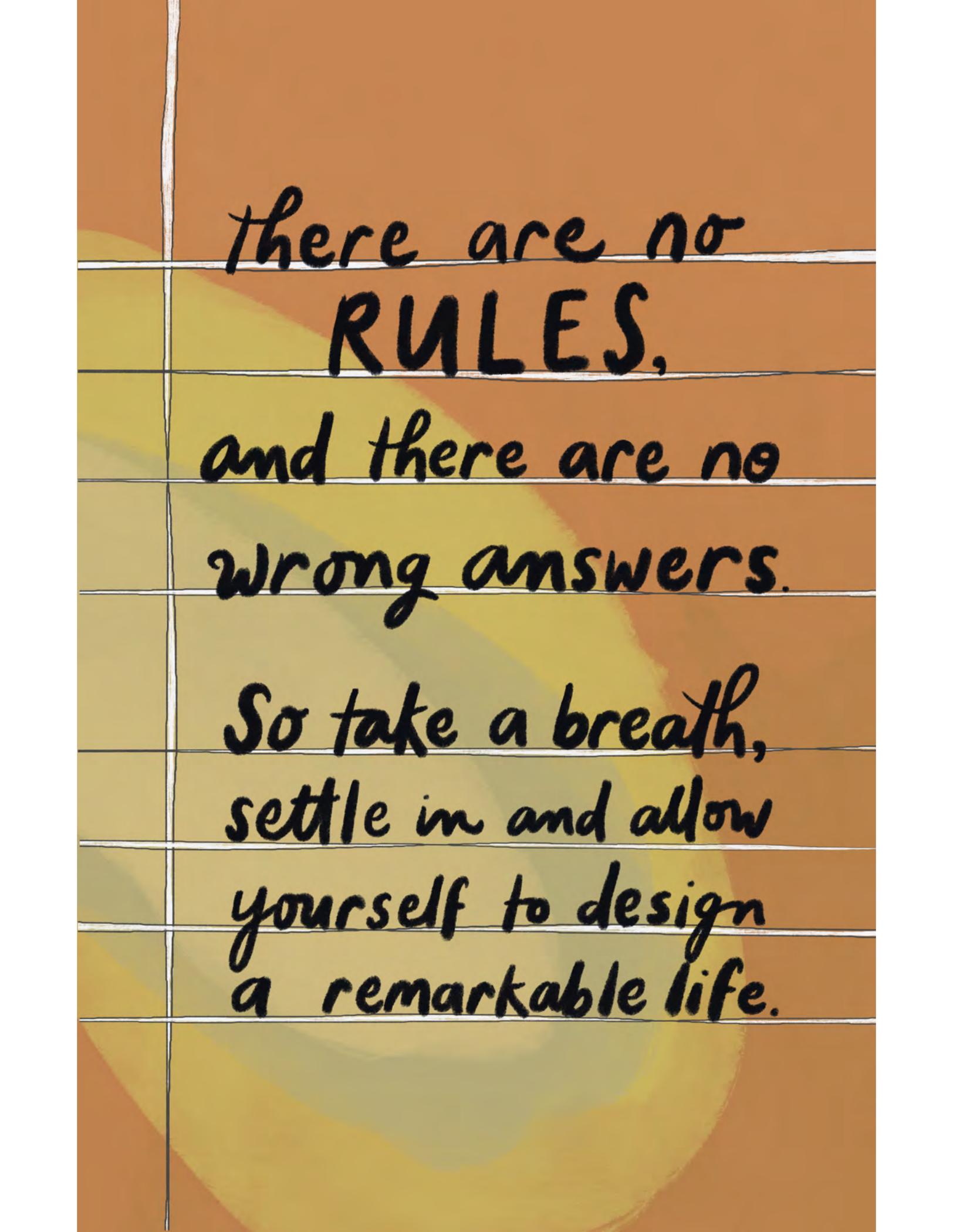
the next few pages you can
pause, reflect and look forward.

you can write,
sketch, collage
or simply

Think-

whatever feels

natural.

The image features a vertical page with horizontal lines. A large, stylized sun or moon graphic is positioned in the center, with a yellow-to-orange gradient and a soft, glowing effect. The text is written in a casual, handwritten style. The word 'RULES' is written in all caps and is significantly larger than the other words. The overall color palette is warm, consisting of various shades of orange, yellow, and brown.

there are no
RULES,
and there are no
wrong answers.

So take a breath,
settle in and allow
yourself to design
a remarkable life.

Set the Stage:

- Find a quiet space
- Bring a notebook or journal
- Or write in this workbook!
- Give yourself permission to dream without judgment

this is not about perfection,
it is about exploration.

You don't need to know how
your plan will manifest.

Ten years is long enough
for transformation,
but short enough to

Begin Today.

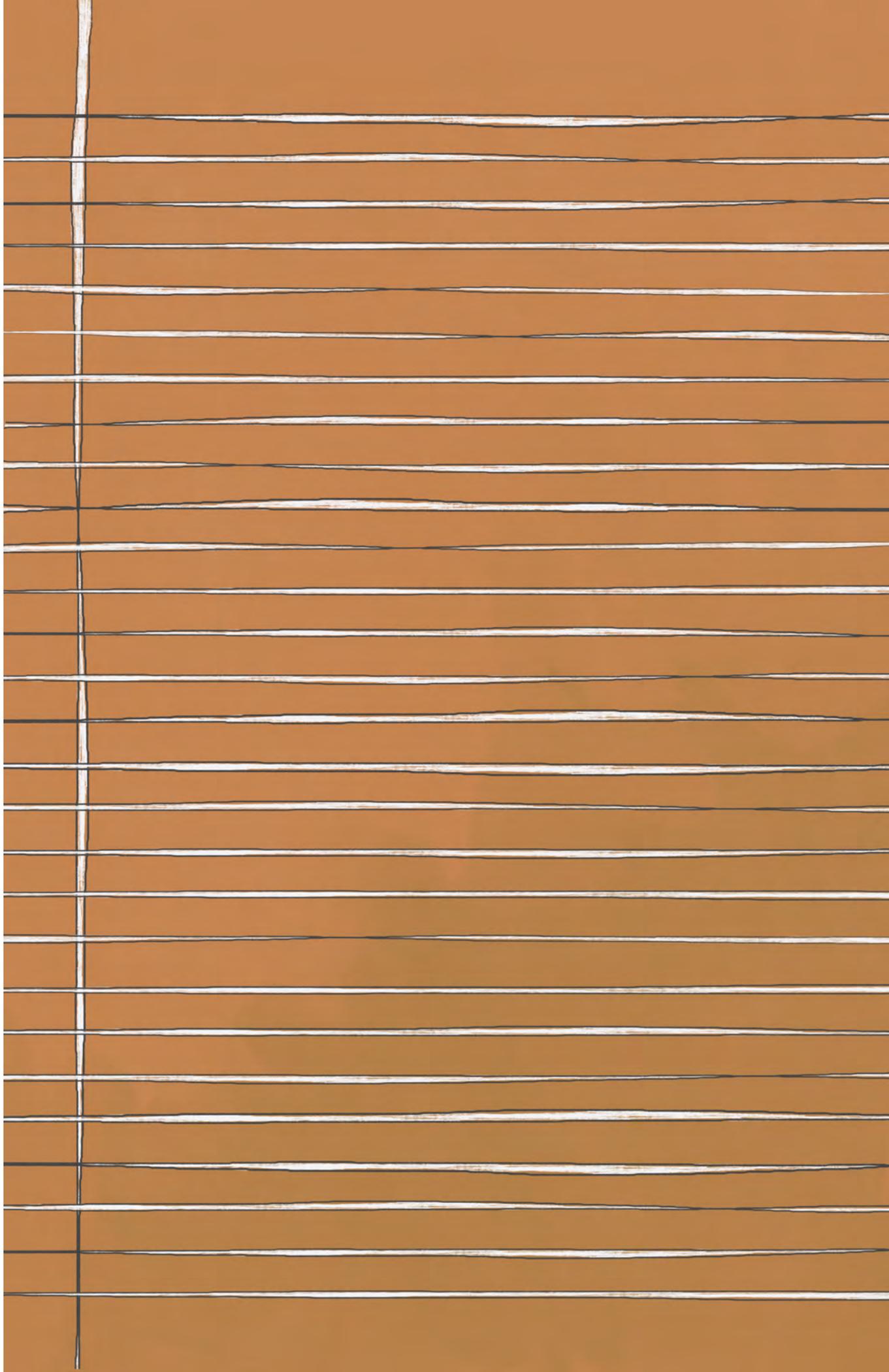


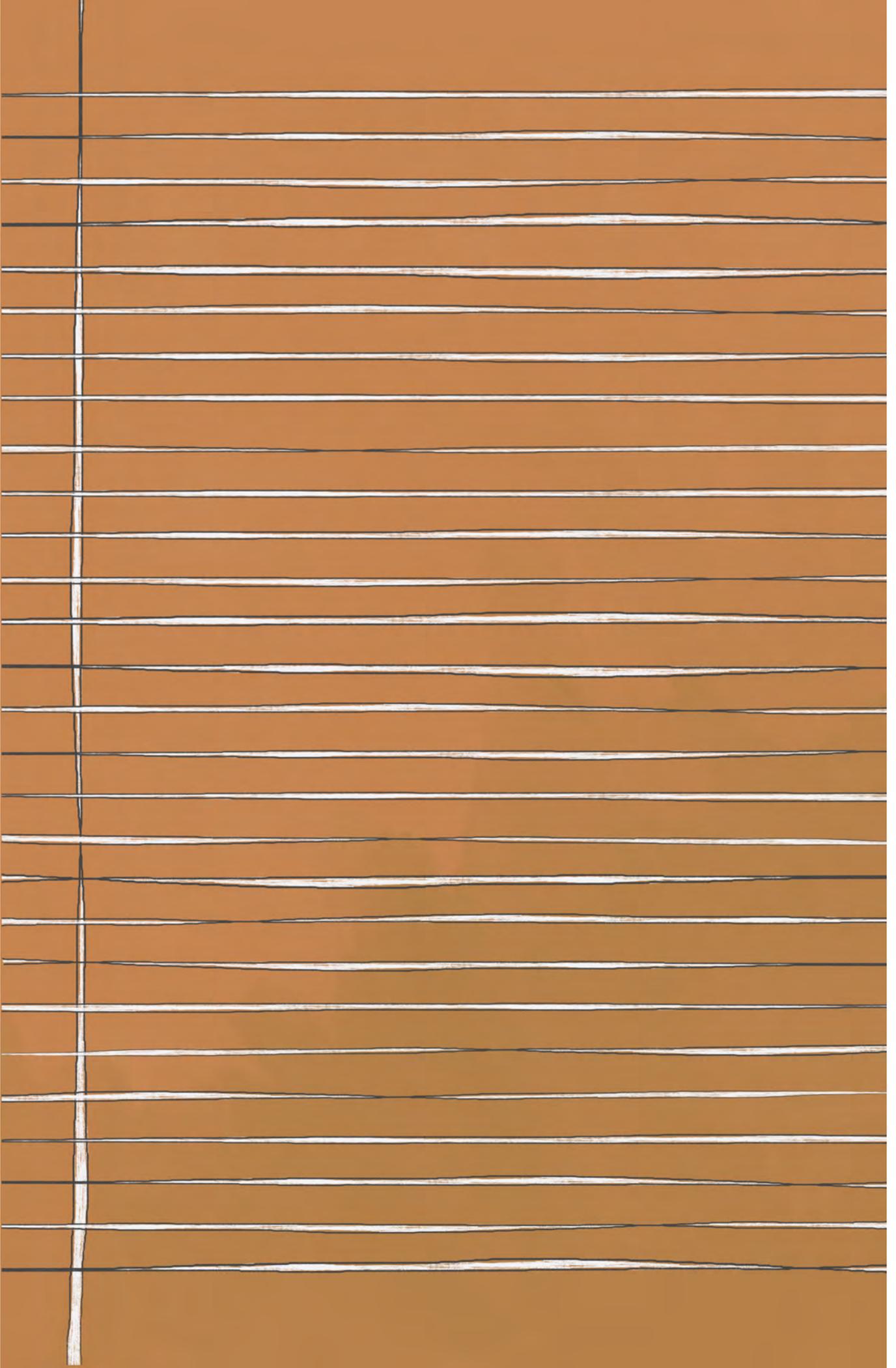
Imagine
with your
whole
heart

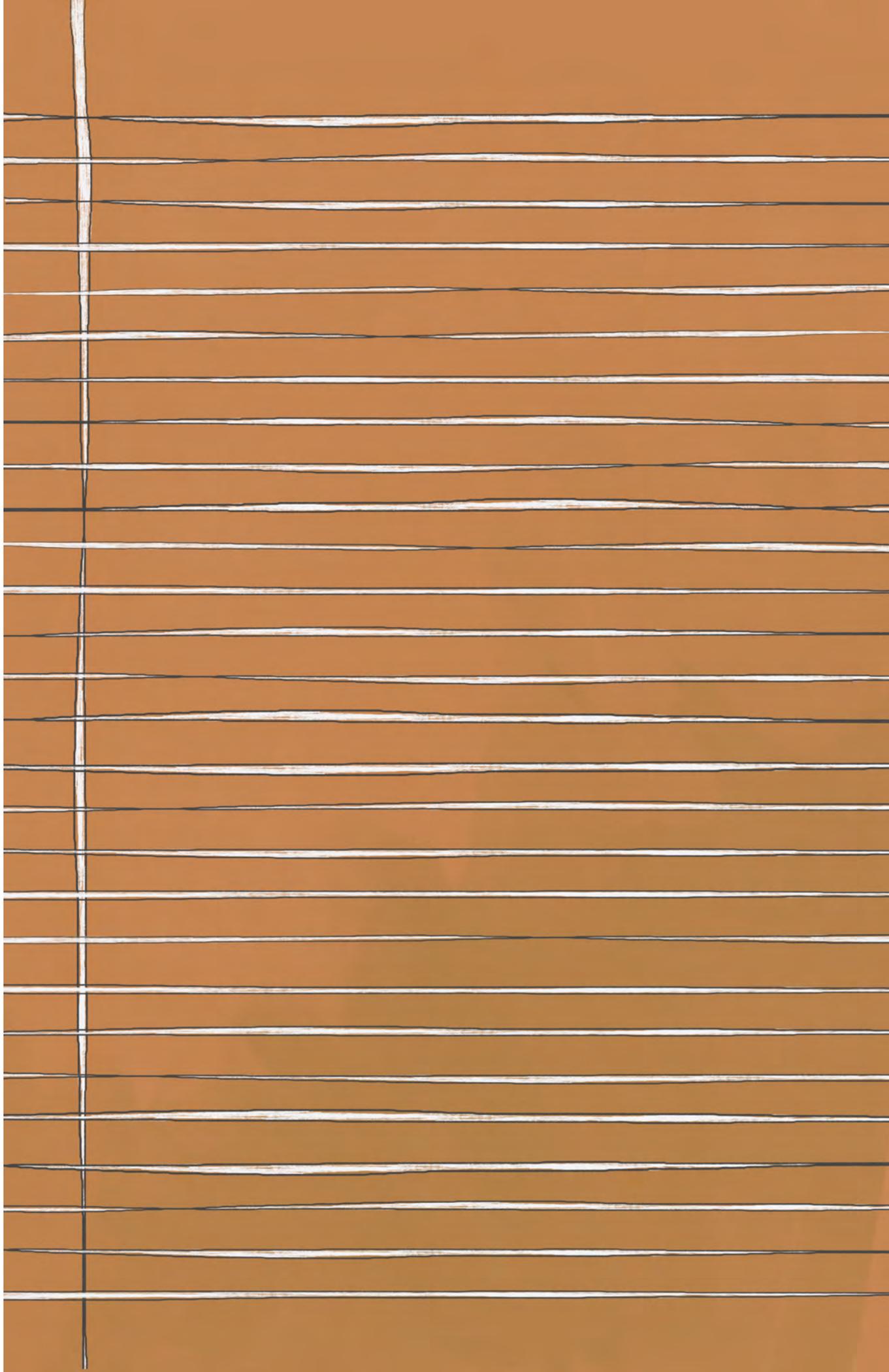
Envision

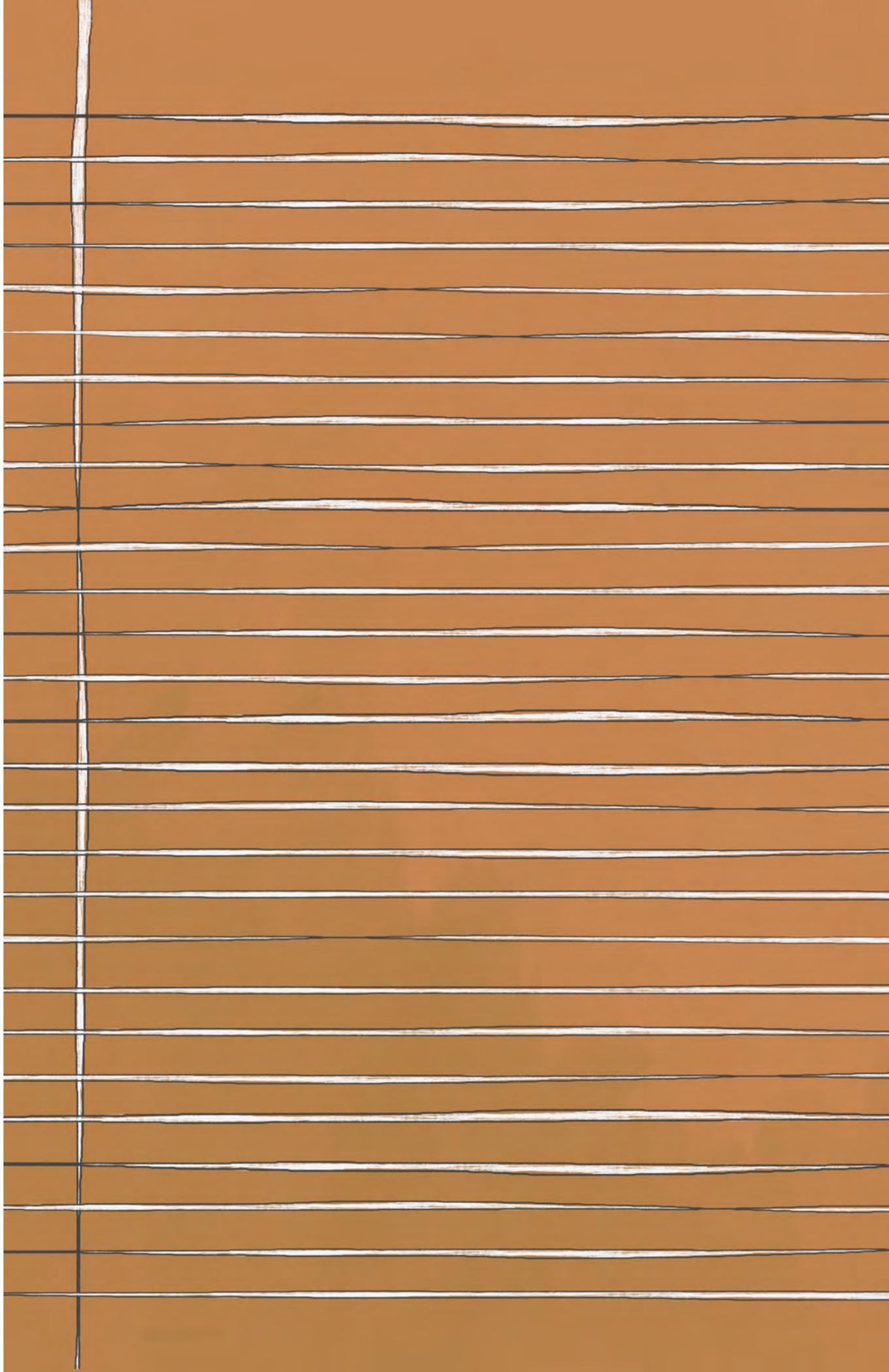
It's 10 years from now. Imagine you could have exactly the life you want. Describe vividly.

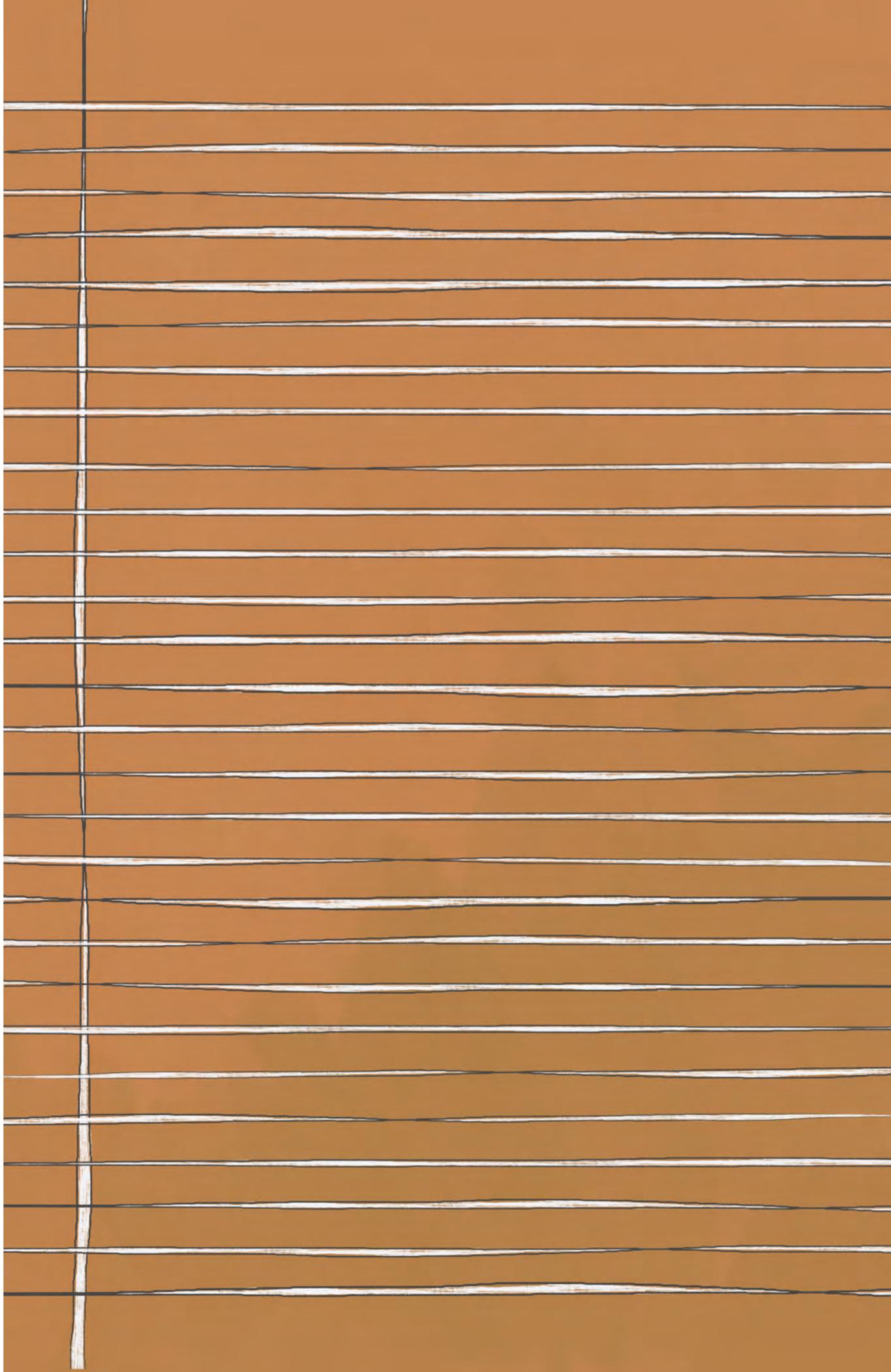
1. Where do you live? Describe your home.
2. Who do you live with?
3. Do you have a significant other?
4. What is your relationship like?
5. Do you have children? Pets?
6. Describe your relationships with your friends.
7. Describe your health and practice of self-care.
8. How do you make money? Describe your finances.
9. What type of job(s) do you have?
10. What have you accomplished?
11. What brings you the most joy?
12. What do you love doing most?
13. What do you do for fun?
14. Do you enjoy traveling? If so, where?
15. Do you have a spiritual practice?
16. How do you manage hard times?
17. What are you most proud of in your life?











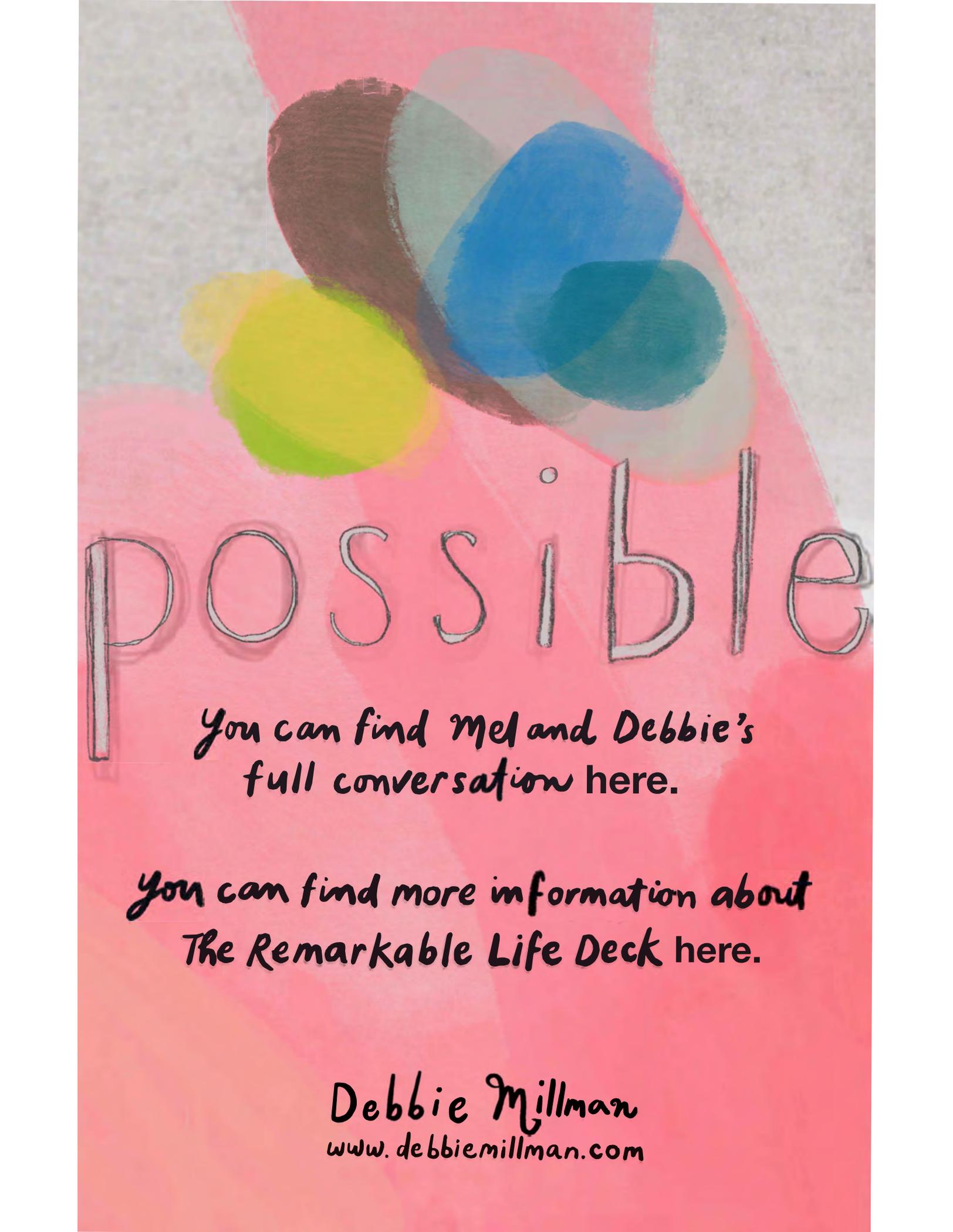
Review what you've envisioned.

Rewrite anything you want.

Read it outloud, then

Respect what you have written.





possible

*You can find Mel and Debbie's
full conversation here.*

*You can find more information about
The Remarkable Life Deck here.*

Debbie Millman
www.debbiemillman.com