

Your Ideal World Picture

Printable worksheet · the interactive version lives at omnipsyche.org/therapyhomework



Name (optional) _____

Date _____

The album in your head

Psychiatrist William Glasser called it the **quality world**: a small, personal album of pictures showing exactly how you wish life looked. The people you want to be close to. The things you want to do and have. The beliefs you want to live by.

Here is why it matters: **the gap between that album and your real life is where most frustration comes from.** When the pictures and reality are far apart, we feel it, even when we cannot name it.

You cannot close a gap you have never measured. So first, we look at the pictures.

WHERE YOU ARE NOW

1 How close does your life feel to the life you actually want?

A gut answer is fine. This is a snapshot, not a grade.



Far away

Very close

THE PEOPLE

2 Who is in your ideal world?

Name them, or name the kind of people. Family, friends, a partner, a mentor, a community. Who do you want close?

Pick the most important relationship in that picture. What does it look like when it is exactly the way you want it?

Be concrete. How do you talk to each other? What do you do together? How does it feel to be in the room with them?

THE DAYS

Describe an ordinary Tuesday in your ideal world.

Not a vacation day, an ordinary one. When do you wake? What fills the morning, the afternoon, the evening? Ordinary days are what a life is actually made of.

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

What are you doing with your energy? Work, craft, care, creation?

In your ideal world, what do you spend yourself on? What would make the effort feel worth it?

6 How do you feel, physically, in this world?

Rested? Strong? Calm in your chest? Your body is in every picture of your album, so put it in on purpose.

THE PERSON

7 Who are you being in your ideal world?

Not what you have. Who you are. Patient? Honest? Brave? Playful? How would the people who love you describe you in that world?

THE GAP

8 Which parts of your ideal world already exist in your life, even a little?

This question matters more than it looks. Almost nobody is at zero. Naming what is already here shows you what you know how to build.

9 Which part of the picture is furthest from your life right now?

Just name it honestly. No plan needed yet.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

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