



Designing my mompreneur life in 5 years

A reflective journey to design the life and business you dream of.



Welcome, mompreneur!

This isn't a dream board, it's a declaration of who you are becoming.

Inspired by the story of Debbie Millman and Milton Glaser

Years ago, designer Debbie Millman took a class with the legendary Milton Glaser, creator of the iconic I♥NY logo.

In that class, Glaser invited his students to write an essay describing their lives five years in the future, as if everything they dreamed of had already come true.

He told them:

"Imagine waking up one morning, five years from now. Where are you? Who are you with? What does your life look like if you could have, be, and do anything you wanted?"

Debbie wrote that essay, sealed it in a notebook, and forgot about it. Years later, when she rediscovered it, she realized that almost everything she had written had become her reality.

This exercise has since changed thousands of lives, reminding us that when we dare to imagine freely and without fear, we start aligning our thoughts, energy, and actions with what we truly desire.

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Our version for mompreneurs

At **The Mompreneurs Society**, we were deeply inspired by this story and created our own version, a reflective guide designed especially for women who are building businesses with purpose, heart, and balance.

This isn't about business goals or strategy alone, it's about imagining your whole life five years from now: how you feel, how you live, how you connect, and how your work contributes to the world.

This is your moment to design your next chapter, intentionally and with love.



How to do this exercise

Find a quiet space. Take a deep breath and give yourself permission to dream without limits.

Write in first person, as if you were already living this life. Instead of writing "I want a successful business", say: "My business is successful and gives me the financial peace I need".

Read each situation carefully. Let yourself visualize it as if you were truly there — living that moment, feeling it, seeing it.

The prompts under each section will gently guide your reflection and help you put your vision into words.

Don't worry about how it will happen. This is not about planning or strategy, it's about imagining with clarity and intention.

Read it out loud.

When you speak your vision, it becomes real. Saying it aloud is an act of belief and commitment to yourself.

1. My Ideal Day

Imagine waking up five years from now. Describe how your day begins, what you do first, and how you balance your time between business and family.

Prompts:

- When I wake up in the morning, the first thing I do is...
- In my morning routine, I always include...
- My workday is organized this way...
- The time I spend with my family each day feels like...
- At the end of my day, I feel...

2. The Impact of My Business

Describe how your business transforms your clients' lives and how it positively influences your family and community.

Prompts:

- My business transforms my clients' lives because...
- The mark my business leaves on my community is...
- Thanks to my business, my family enjoys...
- What my clients appreciate most about my work is...
- I feel proud because my brand represents...

3. My Financial Stability

Write about how much money you earn each month, how you manage your income, and the financial security your business provides.

Prompts:

- My monthly income is...
- With my money, I comfortably cover...
- The most important investment I make each year is...
- The way I manage my finances allows me to...
- Financial abundance gives me the freedom to...

4. My Support Network

Describe the people who walk beside you: your team, mentors, friends, or family – those who remind you that you're not alone.

Prompts:

- The people who are part of my team are...
- My family's role in my business is...
- The mentor or guide who constantly inspires me is...
- Thanks to my support network, I can...
- I feel grounded because I have...

5. My Relationship with My Kids

Imagine their ages five years from now. How do you spend time together? What moments do you cherish the most?

Prompts:

- My kids' ages right now are...
- A family tradition we share is...
- The most special moment of the week with them is...
- I feel proud seeing my kids now...
- They teach me every day that...

6. My Well-being

Write about your energy, your health, and your self-care practices.

Prompts:

- The self-care practice that never misses a day is...
- My nutrition is... and it helps me feel...
- The way I protect my energy is...
- The physical activity that keeps me strong is...
- Today, my body and mind feel...

7. My Growth and Learning

Share what skills you've developed, what knowledge you've gained, and what connections have helped you grow as an entrepreneur.

Prompts:

- In these 5 years, I've learned to...
- The skill that has most elevated my business is...
- A course, experience, or mentor that changed my vision was...
- The network I've built has allowed me to...
- Now, I feel capable of...

8. My Boundaries and Priorities

Write about how you organize your time so your business doesn't take over your personal life.

Prompts:

- The most important boundary I've set in my life is...
- I've learned to say no to...
- My number one priority will always be...
- To stay balanced, I organize my time this way...
- Thanks to my boundaries, I now enjoy...

9. My Dream Lifestyle

Describe how you experience success and freedom.

Prompts:

- The trips I take with my family are to...
- My home and surroundings make me feel...
- A moment of luxury or joy I now allow myself is...
- I have more free time to dedicate to...
- Thanks to my lifestyle, I feel...

10. My Pride in 5 Years

Imagine looking back. What makes you most proud of everything you've achieved as a mom and entrepreneur?

Prompts:

- The achievement I celebrate most is...
- The bravest decision I made was...
- The biggest impact on my kids' lives has been...
- The legacy I'm building is...
- When I look back, I tell myself with pride...

Remember Debbie Millman's words:

*"Don't think about what's realistic. Imagine the impossible.
You don't need to know how it will happen, just dare to dream it."*

We believe that clarity and intention create the foundation for every dream.

So take this as your gentle reminder:

You are the designer of your own life.

If not now, when?

