

IF YOU HAD 5
ALTERNATIVE
LIVES...
WHAT WOULD
YOU DO WITH
THEM?

A THOUGHT EXPERIMENT TO SPARK
CURIOSITY & CLARITY

ZS

ZOË SCHOFIELD
Coaching

DO WHAT MAKES YOUR SOUL SHINE

W E L C O M E

Hi There!

Imagine you could live five full lives, without limits or regrets. In each, you could try something totally different. You'd get to explore all the dreams, whims and 'what-ifs' tugging at your heart...just for fun!

This is not about choosing. It's about exploring and expanding. Giving voice to unlocked ideas, paths and adventures. Inside each imagined life is a clue: a spark of inspiration, a value, a desire that matters to you.

Your job? Tune in. Be curious. Let go of constraints. Are you ready to meet your five alternative selves?

Here's what to do:

- Find a quiet moment and somewhere where you feel relaxed, thoughtful and ready to explore where your mind takes you
- For each of your 5 alternative lives, fill in the prompts. Don't hold back
- Let your imagination roam; be silly, be serious, be bold, be creative, be curious
- After all five, reflect on what stands out, what themes emerge, what surprises you, what you can learn
- Use the final page to spark one or two tiny experiments in your real life

Just listen to where your thoughts take you. Follow the threads and see what's waiting beneath the surface!

Zoe Schofield

PS. I first came across the 'Five Imaginary Lives' idea from the book called The Artist's Way by Julia Cameron.

ABOUT ME

As a coach, facilitator and podcast co-host I love helping people to see the best in themselves and build a meaningful and thriving life...but I also love to find time for my art and design side-hustle (my other life). So I know what it's like to love exploring different ideas and passions!



LIFE NO. 1

Let's start with your alternative life No.1 where you can pursue the career and life you desire...

What is this version of you doing for work?

What lights you up in this life?

What are you really good at in this life?

What experiences would this life give you?

Why are you drawn to living this life?

LIFE NO. 2

Now let's move onto your alternative life No.2 where you can pursue the career and life you desire...

What is this version of you doing for work?

What lights you up in this life?

What are you really good at in this life?

What experiences would this life give you?

Why are you drawn to living this life?

LIFE NO. 3

Moving on to your alternative life No.3 where you can pursue the career and life you desire...

What is this version of you doing for work?

What lights you up in this life?

What are you really good at in this life?

What experiences would this life give you?

Why are you drawn to living this life?

LIFE NO. 4

Next it's your alternative life No.4 where you can pursue the career and life you desire...

What is this version of you doing for work?

What lights you up in this life?

What are you really good at in this life?

What experiences would this life give you?

Why are you drawn to living this life?

LIFE NO. 5

Finally, your alternative life No.5 where you can pursue the career and life you desire...

What is this version of you doing for work?

What lights you up in this life?

What are you really good at in this life?

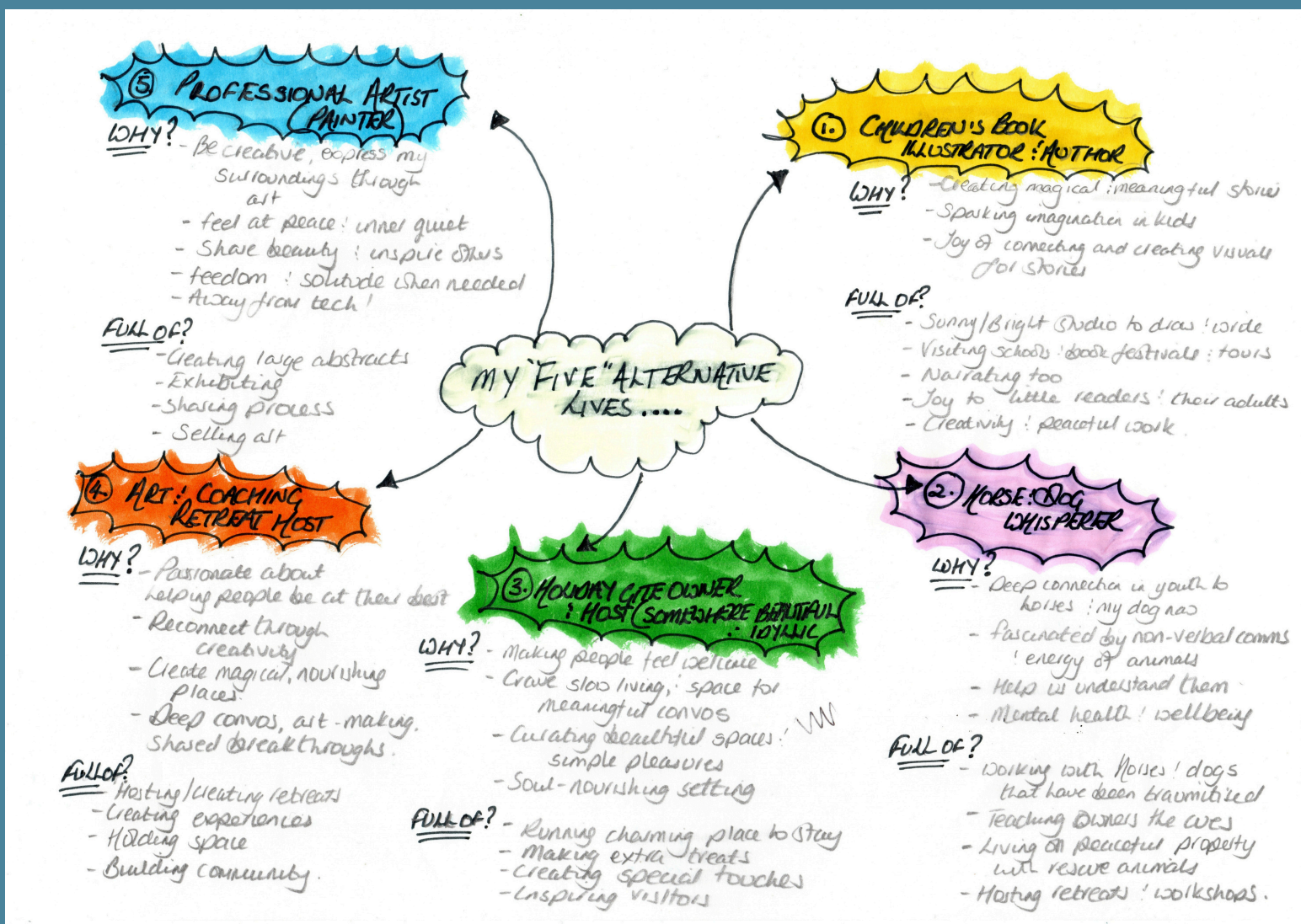
What experiences would this life give you?

Why are you drawn to living this life?

PREFER A VISUAL APPROACH?

Why not try sketching out your ideas and responses to the questions in this workbook with a visual mindmap. All you need is a blank piece of paper and a pen or pencil. Of course you can be as creative as you want by adding colours and visuals

Here's an example:



CREATE YOUR VISUAL HERE



WHAT HAVE YOU DISCOVERED?

Spend a little time reflecting on your imagined five alternative lives and ask yourself...



Q1

What do you notice about these five different lives? Are there any themes, patterns or common threads emerging?

Blank white space for reflection.

Q2

Which life surprised you the most? Why?

Blank white space for reflection.

Q3

What are these lives telling you about your wishes and needs right now?

Blank white space for reflection.

Q4

Which small parts of each life could you bring into your real one?

Blank white space for reflection.

WHAT ACTION CAN YOU TAKE NEXT?

Without feeling the need to completely overhaul your current life, let's think about what tweaks and changes you could make to start to bring some small parts of each life into your real one.

Use this space to write 1-3 small experiments you could try this month to bring your '5 lives' closer to home

Here's some example prompts:

- Enroll in an evening class, workshop, activity or group inspired by one of the life's
- Reach out to someone living a version of one of your lives to find out more about it, the reality, the route in
- Allocate 2 hours per week to play with one of these identities a little more



DO WHAT MAKES YOUR SOUL SHINE



WANT SUPPORT TURNING IDEAS INTO ACTION?

If one (or more!) of your five lives has stirred something inside you...a longing, a spark, a new curiosity, a new idea...you don't have to figure it all out on your own.

I help multi-passionates, thoughtful people like you explore what's next, get unstuck and design careers and lives that feel rich with meaning, energy and joy.

Book a free 30-minute coaching call

Let's chat about what you discovered and where you might go next.

Click below to book your free intro call



Book A FREE Call

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