

What Do I Want My Life to Feel Like?

Moving beyond what you think you should achieve and exploring how you actually want your everyday life to feel.

Clarity • Wellbeing • Connection • Fulfilment

We are often asked what we want to do with our lives: what job we want, where we want to live, what we want to earn, whether we want a relationship, a family, a qualification or a particular kind of success. Those questions can be useful, but they miss something important. A life can look successful from the outside and still feel exhausting, lonely, pressured or disconnected on the inside.

This resource asks a different question: what do I want my life to feel like? Not every day will feel calm or meaningful, and no life can avoid difficulty. But understanding the emotional qualities you value can help you make choices that fit you more closely.

1. Move beyond the achievement list

Achievements give us something concrete to aim towards, but they do not always tell us how we want to experience our days. A promotion might bring pride but also less time. A larger home might bring space but more financial pressure. A busy social life might look connected but leave somebody depleted. It helps to look underneath the goal.

Things I have been taught I should want or achieve...

If I achieved them, how do I imagine I would actually feel?

2. Choose feelings, not perfect states

Words such as calm, safe, connected, free, creative, purposeful, rested, playful, secure or understood can act as clues. They are not permanent emotional states to maintain. Nobody feels calm all the time. Instead, think of them as qualities you would like your life to contain more often.

Five words that describe how I would like my life to feel...

Which one feels most important right now, and why?

3. What already gives me that feeling?

The future is not the only place where these feelings can exist. You may already experience small versions of them when walking somewhere familiar, talking to a particular person, being alone, creating, working with purpose, listening to music, resting or completing something practical.

Moments when my life already feels closer to how I want it to feel...

4. Home and everyday environment

Our environment affects how life feels. Noise, clutter, privacy, light, travel, unfinished tasks, other people's demands and sensory load can all influence our nervous system. A home does not need to be perfect to support us, but small changes can sometimes make everyday life feel more manageable.

How does my home or everyday environment currently make me feel?

One realistic change that could make it feel more supportive...

5. Relationships and connection

Think less about how many people are in your life and more about how you feel around them. Do you feel able to be yourself? Heard? Safe? Energised? Drained? Responsible for everybody's emotions? Connection that looks good from the outside may not feel nourishing on the inside.

In the relationships that feel healthiest, I tend to feel...

What do I want more of in my relationships?

6. Work, purpose and pace

Work can provide income, identity, structure, contribution, creativity and connection, but it can also consume more of us than we intended. Consider not only what work you want to do but how you want your working life to feel. Predictable? Flexible? Challenging? Calm? Independent? Collaborative? Meaningful?

I would like my working life or daily responsibilities to feel more...

What might help move it slightly in that direction?

7. What am I willing to protect?

A desired feeling often needs something practical behind it. Calm may need fewer commitments. Connection may need protected time. Safety may need boundaries. Creativity may need space without productivity demands. Rest may require allowing something else to remain unfinished.

If I want more of the feeling I chose, what will I need to protect?

What might I need to say no to more often?

8. My Life Feeling Map

Use this page as a compass rather than a rigid plan. You are not designing a perfect future. You are identifying a direction that can help you make ordinary decisions with more awareness.

I want my life to feel more...

I already feel this when...

I could create a little more of it by...

Something I want to protect because it supports this feeling...

A message from Maggie

It is easy to spend years building a life that looks right while rarely asking whether it feels right for you. There is nothing wrong with goals, plans or achievement, but they are only part of the picture. Your ordinary days matter too.

Think about the feeling underneath what you are chasing. Perhaps you do not need a completely different life. Perhaps you need more room, more safety, more connection, more rest or more permission to be yourself inside the life you already have. Let those feelings become information. They can help you choose what deserves more space and what no longer needs to lead the way.

Space to Breathe Therapy

Reflective & Intentional Living