

the FUTURE YOU BUILDER

If you are staying still in life, then you are really moving backwards. Use this exercise to work on creating a bigger, better version of yourself. The future of you.

time = 30-60 minutes

before you begin...

- Find a spot where you can sit comfortably for 30 minutes.
- Take the first 5 minutes to just relax and bring yourself to a laid-back state.
- Still your mind the best you can. Focus on your breath to slow your thoughts.
- If music or white noise helps you clear your mind, use it. If you prefer silence, use that instead.

Once your mind has slowed, begin to form a clear, detailed picture of what the bigger version of you looks like.

what is the date of the future you?

Go as near or as far into the future as you want with this exercise. Are you ready to picture yourself 1, 3, 5, or even 10 years in the future? Or, do you have immediate challenges to overcome in the next 3 to 6 months?

Paint a mental vision as clear as you can - you, living the true definition of how you see yourself.

today's date:

date of the future me:

today's date:

date of the future me:

What does Future Me's life look like?

How am I taking care of myself?

Who is around me?

How am I contributing to my family?

How am I contributing to my community?

How am I nurturing top relationships?

What does my career look like?

Who am I networking with?

What am I doing for development?

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Now bring all the pieces together by drafting a personal statement about your life in the future. Its ok if you struggle with this part. Writing it down helps you think through it.

- Let this activity stretch your mind.
- Use lots of pages if you need.
- Create a story if you want.
- Doodle if it makes sense.
- Be creative.
- Be YOU.

Be sure to include:

- The future date.
- What is going on in your life.
- How you are caring for yourself.
- Who is there.
- What your family life looks like.
- How you are involved in the community.
- What your career has evolved to.
- How you stay connected.
- How you continue to improve yourself.

The future version of me: