

@Future Vision

I want you to take some time to work on your Future Vision.

I give this to you in a format that you can write on, but once you have refined it, you will want to have this in a format that you can put up on a wall in your bedroom or study so you can see it every day.

Use colours if you are visual. Write it down – don't type it out.

Take an hour of your time. Sit in a space that inspires you and where you won't be disturbed. Now imagine yourself one year from today.

Imagine you have achieved the things that would make the year a success.

This doesn't mean achieving all your life goals in one year! It means having taken manageable steps that stretch you but don't break you.

In all areas of your life, what improvements will have taken place that will make the year a success in your eyes?

Begin with the date in a year's time, and write your journal entry.

Begin each new paragraph with the prompts I've given. This is about 'what' you have achieved over that year and possibly 'how' you may have changed. Add extra paragraphs to include other important areas of your life that you think about.

Share your achievements and highlights of the year.

Be as specific as you can, and share the story of how you got from where you are today to where you will be.



Today's Date in One Year's time...

I am so grateful for the last year. In the last year I have...



My passions and pastimes...

My contribution to the world...

My relationships – intimate, family and friends...

My health...



My career/business...

My mentors (formal and informal)...

My team...

My customers others who benefit from my work...

My business partners or stakeholders...



My personal cash flow...

My assets...

My time...



My next year...

Now that you have completed your future vision, how inspired do you feel about this Future Vision on a scale of 1-10?