

A Look into Your Future Self; a Retrospective

Start by considering a time frame to look towards; two months, 6 months, 1 year. Choose just one-time frame for this exercise. Think on who you want to be at the end of your chosen time frame. Consider the below questions and be reasonable with yourself (you can't get a master's degree in two months if you're not already enrolled and only have two months remaining, but you could choose to have begun your journey if that is what you choose for yourself). Consider:

- Where do you want to be (geographic location or company)?
- What education do you want to have started or completed (certifications, education)?
- Who do you want to be (perhaps having higher emotional intelligence or being more compassionate)?
- What will it take to get where and what you want for yourself?

Directions: Write only one topic/item per sticky note. This allows you to identify themes.

Next set the stage by closing your eyes to visualize the new you.

You will need three colored sticky notes for this exercise.

- Use 1 color sticky note to describe your future success(es).
- Use a 2nd color of sticky note to describe the strengths you see in yourself at the end of the future time frame.
- Use a 3rd color of sticky note to describe a good event that takes place during the future time frame.

Once you are done writing sticky notes, look for themes to consider.

Consider the successes noted in your future. Why such a success would be important to you? Consider why you haven't had that success yet (if you haven't; what inside of you has stopped you? Be realistic, but gentle as you consider this answer).

Consider the strengths you noted in your future self and ask if those strengths are visible now? If not, what can you do to elicit or grow those strengths?

Consider the good event you noted in your future. Listen to your future self and ask yourself what can be done to achieve this good event.

Write your future you and any necessary milestones on your journey line. Begin taking steps to reach the next stop on your journey line and be willing to make adjustments to the journey along the way.

Repeat this exercise from time to time (quarterly at first). Consider using it with the "What's on my Mind Bubble Map" exercise to see what's getting in your way, and to remind yourself to pay attention to what's on fire or getting ready to burst into flames so that you don't create unrealistic demands or unnecessary stress upon yourself and others who are important to you.