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I M A G I N I N G T O G E T H E R

A project of Mediators Foundation

Building a Better Life

While many are attempting to define the next 50 years, the stories we are exposed to in entertainment and media are normally based in fear; the end of something. The end of life as we know it, the end of life on earth, the end of democracy, the end of self-determination and so on. End times stories abound! Futurists and academics are working to identify a future that meets specific physical and economic goals like climate change and job losses due to AI. Yet people are rarely consulted about what they want personally, depriving economic and systems planners of their vital preferences. This guide is how people can identify what they want personally. It can be used as journal prompts or shared with family and friends as a fun activity to imagine a future together.

This guide is for you. When responding, please think about what you would PREFER in your life. Let go of what you think is likely or probable and *imagine your best life*. What would you choose, given the opportunity? Let's find out.

Warmup question: How far into the future would you like to imagine? We recommend between 2-20 years. Let's get in the time machine and go to see it.

The important questions:

1. In your preferred future, where are you? Describe your surroundings. Is it where you live now? Somewhere else? Be as detailed as you can in your imagination.
2. As you see your older self, living your preferred life, what are you most proud of?
3. Observe yourself going through a typical day. What does your future self do?
4. Step into your older self in the future. How do you feel most of the time?
5. As you witness your preferred life, what are the 3-5 priority values?
6. Looking around at the community in which you live in the future, what does the community include or provide for you to thrive?

Our trip to the future is nearly over. Take a long look around and save this image, your feelings and your values. Hold it in your heart as you return to the present moment. We have one more question.

Final question: As you consider your current life today, is there anything you can do now to co-create or build the community you need for your future? When will you take this action? Just commit to one or two steps at a time.

Will you share your preferred future life to inform and inspire others?

Please visit AmericanFuture.us and record your answers in the "Share Your Future Story" to include your preferences in the national database. The database will be available to community planners and narrative experts without identifying you personally. **Your preferences matter.**