

DIRECTIONS FOR YOU AND IMPROVED

Preparing for the Process

What do you want to envision? How far into the future do you want to go?

Suggestions for Relaxation

Close your eyes. Tell yourself that everything else will keep. When you open your eyes, your work and your duties will still be there. You are only escaping for a few minutes to clear your head and get connected with your vision. You have plenty of time. You can relax. Breathe.

The Envisioning Script

Get a picture in your mind of the future you want to create. Imagine that you've arrived where you want to be, sometime in the future. Now picture a day in your life. Everything is just how you wanted it to be. Notice the location. See where you are, and notice the details around you. Envision yourself walking around the space, owning it.

Now notice yourself going somewhere. It's a day in the life of the you you wanted to be. Where are you going? Who are you with? Notice the people around you. See yourself interacting with them, and notice how they react to you. How do you hold yourself? What do other people see, hear, and experience when they are with you?

Widen the view. What do you notice about your home and personal life, your health, your downtime, your professional aspirations, your finances, and the ones that you love?

Spend time here. See yourself moving through the day and notice the evidence of your success, however you define it. See how different you are in this vision than you are now. See how your day-to-day life has changed. Walk yourself through the hours of an ideal day, living the life you wanted to live. Take in the scenes with all of your senses—sight, sound, touch, taste, and smell. What emotions are you feeling? How can you tell? Connect with those emotions. Imagine yourself feeling them. Experience them now.

Questions for Reflection

- What was it like for you to envision the future?

