

Visualise the Future

Here are some ideas to help you start thinking about what you want and what's important to you.

COVEY

The following is from Franklin Covey, The 7 habits of highly effective people.

' In your minds eye, see yourself going to the funeral of a loved one. Picture yourself driving to the funeral parlor or chapel, parking the car and getting out. As you walk inside the building you notice flowers, the soft organ music. You see the faces of friends and family you pass along the way. You feel the shared sorrow of losing the joy of having known, that radiates from the hearts of the people there.

' As you walk down to the front of the room and look inside the casket, you suddenly come face to face with yourself. This is your funeral, three [you might want to think about 10] years from today. All these people have come to honor you, to express feelings of love and appreciation for your life.

' As you take a seat and wait for the services to begin, you look at the program in your hand. There are to be four speakers. The first is from your family, immediate and extended - children, brothers, sisters, nephews, nieces, aunts, uncles, cousins, and grandparents who have come from all over the country to attend. The second speaker is one of your friends, someone who can give a sense of what you were as a person. The third is from your work or profession. and the fourth is from your church or some community where you've been involved in service.

'Now think deeply. What would you like each of these speakers to say about you and your life. What kind of mother, wife would you like the words to reflect? what kind of friend? what kind of work associates?

' What contributions, achievements, would you like them to remember?'

Write down your thoughts.

LIFE GOALS

Think about your life goals. What do you want to achieve over the next 2/5/10 years (or whatever time scale you prefer)? Think about:

- career,
- health and fitness,
- personal relationships,
- inner self,
- leisure,
- citizenship goals.

Think about the importance of each goal. Taking the most important goal first think about how your other goals support or conflict it. What needs to happen to enable you achieve your most important goals?

WRITE A STORY

Write down a story of how you would like your life to pan out over the next 10 years. Think about the detail and about the practical issues – the jobs you'd like to be doing, how you would like your career to evolve, ways you would get a balance between family/hobbies/work/etc, how much money will you need, where money will come from, how things will work with your partner, etc. What other resources do you need? What support might you have? What obstacles might you come across along the way and how might you deal with them? You might want to write a number of different stories then choose the one that appeals the most.

AN IDEAL DAY

Tell the story of an ideal day from the time you get up to the time you go to bed. What's happening? What are you doing?

MISSION STATEMENT

think about your values (what's important) and write a mission statement for your life or for each of your roles (eg mother, sister, son, manager, member of sports club, friend) in life.

DRAW A PICTURE

Imagine your life is a river! What does it look like in the past, now and in the future. How fast and wide is it? What kind of terrain does it flow over? How does it react to obstacles such as boulders and mountains?