



Future Self Exercise

Notes for facilitators: Speak in a calm, low, assertive voice throughout the visualization.

Close your eyes and pay attention to your breathing. Put your hand on your stomach as you feel your breath go in and out. Now, with each breath, you will become more relaxed. Allowing your stress to leave your body, you realize that you feel completely comfy and safe. As you start to feel a sense of deep relaxation, picture yourself standing before a peaceful lake or pond. Drop a pebble into the center and notice the water rippling out. As the ripples flow further out and eventually slow down, the water once again becomes quiet and peaceful and so do you.

Now standing on the edge of the body of water, imagine that there is a light right between your eyes. What color is the light? Picture that light as a bright beam that extends out into space. To start your journey, follow the beam as it leaves this building and travels up into the sky. As you shoot further into space, take a minute to notice the beauty of the Earth below—the crystal blue ocean, the serene white clouds. Allow yourself to enjoy this perspective for a moment. Once in the vastness of outer space, you'll notice a nearby light beam of a differing color. Letting go of doubt and fear, follow that beam back down to the Earth. The beam has led you to a time 5 years from now, where your Future Self lives. As you arrive at your Future Self's dwelling, take a moment to notice your surroundings.

[PAUSE 10-15 seconds between questions to allow them to build out their vision]

Where does your Future Self live? Knock on the door—you're about to meet your Future Self. As your Future Self opens the door, take a good look around. What does she look like? How does she carry herself? What's the inside of her place look like? Is anyone else there? Now you get to have a conversation with your Future Self. Start off by asking what her life is like today. Ask her: What are you doing with your life? What do you love about your life? What do I need to do to get where you are? How do you respect yourself? Now tell your Future Self one thing that is really bothering, hurting or worrying you right now... And ask him/her: How did you overcome this challenge or heartache? Next ask him/her: What is something special you know about me that I need to remember? How can I learn to love and appreciate myself? What is *our* purpose? Finally, ask her to tell you one word to remember when you're feeling down or you need support to keep going toward your goals. What is that word? Remember it.

Thank your Future Self for sharing her wisdom with you. Give her a big hug. Now turn to leave. As you exit through the door of your Future Self's house, you will find yourself entering this room. Before you shut the door, turn back to take one more look at your Future Self. When I count to three, you will be refreshed and ready to remember everything about your inner journey.

Three... coming back to present time, feeling more alert....Two... stretching your body, feeling the ground beneath you...And one... opening your eyes, refreshed and alert.