

Conversations with a Future You

Choose a date five or ten years from now and imagine having a conversation with this future you. It's best to relax, close your eyes, and take a few minutes to let this fantasy take shape. Don't try to control it, just let it unfold. When you feel finished, answer the following questions about this future you.

1. Where am I living at this time?

2. What work am I doing?

3. What am I like at this time?

4. What life and work accomplishments am I most proud of?

5. What impact does my life have on other people?

6. What do I value most in life?

7. What words of advice does the future me want to share with the present me to help me become the future me?

8. What dreams and goals will I need to pursue to make this my future reality?

[Use with text on Step One: Cultivating Dreams, exercise 3, pages 172-173]

Harvesting Your Life Aspirations

Here's another exercise for cultivating your dreams and harvesting all your life aspirations. Write down your answers to one or more of the following questions. If you need more space for your answers, use an additional sheet of paper.

1. When you were a child, what did you dream of becoming when you grew up?

2. What do you want to be, do, see, have, or experience in your lifetime?

3. What would you do for a living if money was not an issue and you knew that you could not fail?

4. What daydreams do you currently have that you are not working to achieve?

5. What do you want your legacy to be? What do you want to be remembered for?

[Use with text on Step One: Cultivating Dreams, exercise 4, page 173]