

# Meet Your Future Self

Imagine yourself sitting in a comfortable quiet room, in a large comfortable white chair. A screen appears in front of you and on it are projected numbers. Imagine those that you may have seen at the start of an old documentary.

They count down, from 5 to 1.

5... 4... 3... 2... 1...

Slowly your chair starts to rise off the floor, large glass doors on one side of the room open to reveal a peaceful natural landscape and your chair, with you comfortably seated upon it, slowly drifts outside.

Your chair starts to descend, then land, and you find yourself quietly observing your future self, exactly a year from now. You are happy, healthy and doing something that you love. What is it that you are doing? How do you look? How do you feel? When you feel as though you have taken in this scene, sit back in your chair and relax.

Slowly your chair starts to rise again and drift up and away to another place, 3 years into the future. Again you have the opportunity to observe your future self. Where are you now? What is it that you are doing? How do you look? How do you feel? When you feel as though you have taken in this scene, sit back in your chair and relax.

Slowly your chair starts to rise again and drift up and away to another place, 5 years into the future. This place is by a beautiful lake. Watch as the sun begins to set over the stunning landscape. As the moon appears in the sky, you see your future self. You approach each other, smiling and feeling at ease. How do you look? How do you feel?

As you stand together by the lake, the moon reflected in its water, you ask your future self one question. Now listen carefully. After receiving your answer, you say thank you, turn and walk back to your chair. You sit back down in your chair and relax.

Slowly your chair starts to rise and drift up and away. Your chair approaches a house and large glass doors open to allow your chair to drift into the same room you started your journey in.

Your chair starts to descend, then lands gently, and once again you find yourself sitting in a comfortable quiet room.

A screen appears in front of you and on it are projected numbers.

They count up, from 1 to 5.

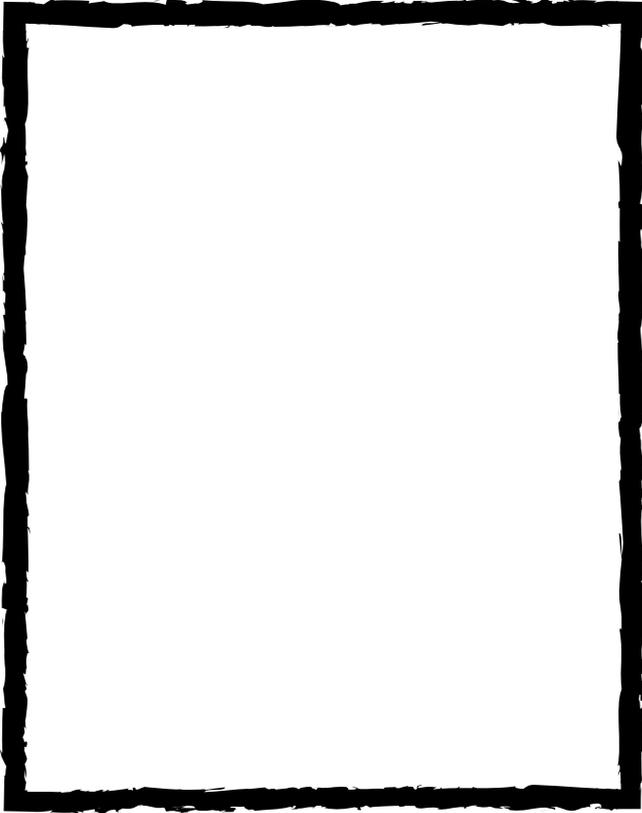
1... 2... 3... 4... 5...

Now slowly open your eyes and find yourself sitting comfortably where you are.

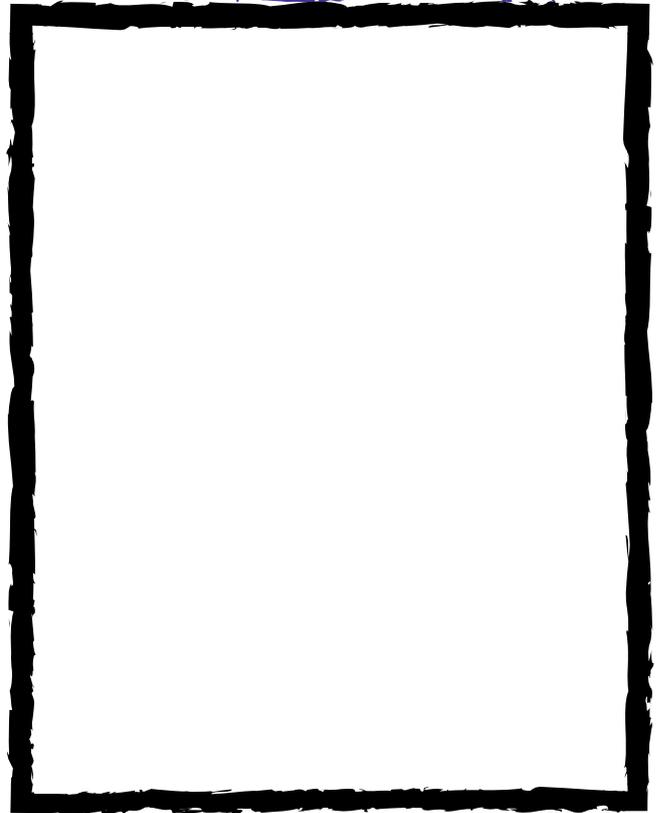
# *Your Ideal Self*

To tap into the best version of who you are, it's important to look at who you are now, what changes you can make to plan for success and what may be holding you back.

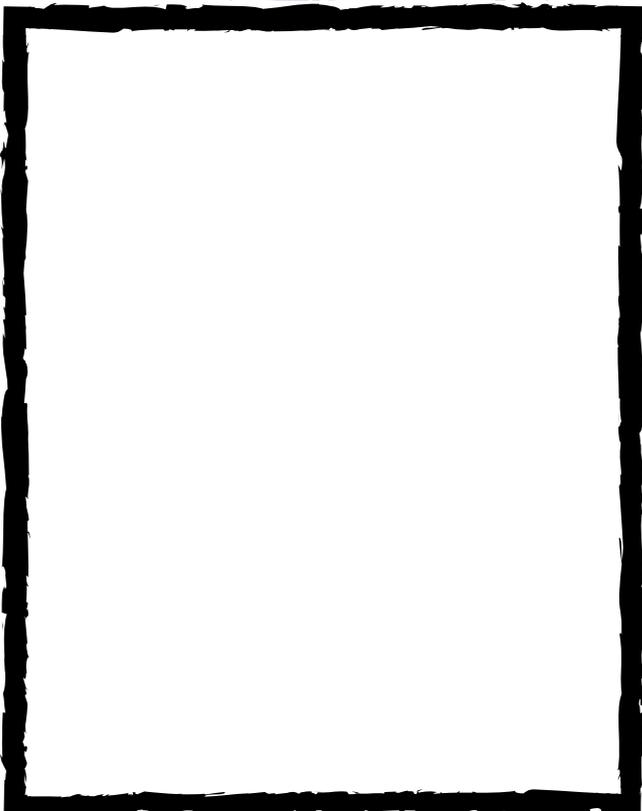
**Habits to Change**



**Skill to Learn**



**What makes this important to you?**



**People You Admire Who Embody Your Vision**

