

Imagine Your Future - A Visualization Exercise

If you are doing this exercise in a group, one person can read the narrative and others can just get comfortable, sit back, close your eyes and imagine your future as you listen to the reader.

If you are going to do this by yourself, read it through once all the way. Then come back and read the first few paragraphs out loud, then close your eyes, and remembering the rest of the narrative, imagine your future.

At the end of the narrative, take a short break without talking to others, and then come back to do the questions.

Imagine waking up in a world, and a place you want to be in, 5 years from now. This is your future, that you have created. You have used all your strengths and insights along the way and they have guided you toward your goals in spite of many setbacks.

This is the picture you can see in your mind's eye. You can see colors, hear noises, listen to the music playing. We are visualizing, anything is possible, anything at all.

Imagine that this is your morning. You have arrived here -- wake up and look around.

What do you see? Do you hear anything? What colors are around you? What is the room like? When you get up and walk through your house - what is that like? Looking out the window from where you live, what do you see? What do you hear?

Are you going to work? Are you going somewhere else? How will you get there? What is that like? Who are you with? What are they like? What is the environment like there? What do you see when you look out the window? What do you do? What kinds of noises do you hear in the background? Is there music? How many days a week are you doing this? How many hours?

Now you are going for lunch. Who do you go with? Who do you meet? What kind of food are you getting? What colors do you see? What kind of people are there? Is it crowded? What sort of noises can you hear in the background?

Sometime this afternoon you go for some exercise. What do you do? How long? Where is it? Are you indoors or out of doors? What is it like? Is it something you enjoy? Are you with anyone?

Now it is evening. Where will you go? Who will you meet? What kind of environment is there? What sights do you see? What do you hear? Who do you call? Are you active or quiet? After it gets to be very late at night, where are you? How do you feel? What way do you end up going to sleep?

This place and the people around you are all what you were working toward. These are the things and the relationships you care about. The friendships and family that have sustained you and contributed to your success are around you.

Very importantly, this is the person that you are striving to be. For your own ideals and goals you are living in optimum wellness physically, mentally, emotionally, and spiritually. You may have tried many paths along the way, but you have always focused on accomplishing your goals. You have chosen what works for you and left behind what doesn't.

Now let's visualize for a moment our work and our career and financial situation. You have woken up in a world where these things are falling into place for you. You have used your strengths and insight along the way to guide you toward your goals. This is what you see as a meaningful vocation and a comfortable financial life. There have been adventures and risks and setbacks along the way, but you have managed to keep true to yourself and your desires.

Take a long last look around this life. Look for things you find astonishing and surprising - what me? Enjoy them and give them more room. Now take a look around for limiting ideas and details you dragged along because you thought this was today and not five years from now. Weed those out of your visualization -- just toss them. Now, enjoy what you see and take it in. Remember it. Sit still with it for a couple of minutes and then open your eyes.

Take a short break without talking to others, and then come back right away and write as much as you can of the details you remember from the visualization by answering these questions.

Questions about your visualization:

What was your environment like?

How did it look? What colors did you see?

What smells did you notice?

What sounds did you hear?

How did you feel?

What tastes did you notice?

What other details made the environment so perfect?

How was your physical condition?

Did your body help you or cause you problems? Why?

Did you feel comfortable in your body? Why?

Was your physical condition better than it is now? Why?

How is your endurance? your strength? your flexibility? your weight control?

How was your mental condition?

Describe what is perfect in your mental state and what you visualize that you like.

Viewing yourself during the visualization, were you calm, energetic, quick or any other description for your level of mental activity?

Can you describe any other aspects of your mental state that contributed to your sense of well being during the visualization?

How is your judgement of people and situations?



What are the greatest improvements in your perfect mental condition from today?

Do you trust your decisions?

How are you emotionally?

Describe what is perfect in your emotional life and what you visualize that you like.

What are the greatest improvements you see in your emotional life?

How do you feel about your range of emotion?

Do you trust your emotions?

How are you spiritually?

Describe your perfect relationship to your spiritual life.

What is the greatest improvement from your spiritual life today?

How are your relationships?

Describe what you visualize as the universal key to success in all of your perfect relationships.

How are your difficult relationships affecting your life in a more perfect world?

Describe what you are giving in your relationships.

Describe what you are receiving in your relationships.



Consider those in your career. How do those relationships look?

What is your career situation?

Describe what you visualize about going to work. How do you get there? Where is it?

What is your work environment? What does it look like? How does it sound? How does it feel?

Who do you work with? Are you part of a team? Do you work alone?

How is your work fulfilling and satisfying?

How are your finances?

Describe what has changed about your finances for the better. Why?

Describe how your financial situation improves your physical, mental, emotional and spiritual well being.

What is the single greatest improvement in your finances? Why?

What thoughts or images keep recurring to you as you visualize all the different aspects of your future? What priorities are you seeing emerge from these questions?

Is there anything about this experience that hasn't been asked that you wish to record and remember? Write it here.
