

## ***LOOKING AHEAD – THE POWER OF YOUR FUTURE*** **FUTURE SELF VISUALIZATION**

- Where are you? - What kind of dwelling or other space do you see? Situated how? Surroundings? Other details?
- What about your Future Self? - First impressions? What kind of welcome? Appearance? How dressed? Manner?
- "What is it, Future Self, that you most remember about the last 20 years? In the last 20 years, what stands out most in your memory?"
- What do I need to be most aware of to get me from where I am now to where you are? What would be most helpful for me to know to get to where you are."
- Other questions asked and answered?
- "What Name, other than your first name are you called by?"
- The Gift:
  - ◊ What is it?
  - ◊ "Is there any meaning to this gift? Is there anything I need to know about it?"
- Other reflections/ thoughts/observations/learnings?