

## VISUALISING YOUR FUTURE

These exercises are to help you create a clear picture of what you want your life and career to look like. Many of us yearn after the opportunity to make a change and try something different. People often know as much about what they don't want in life, as what they do. Or sometimes, they have no clear picture of what it is that they are after. These exercises are to help you identify and articulate what you want out of your career and what your priorities are in life.

### Visualising exercise

You will need at least 20 minutes for this exercise in a quiet and uninterrupted environment. Take your time and indulge yourself in the process.

#### 1. Dream

Sit somewhere comfortable where you can relax properly. Spend some time making sure you have a still mind and your muscles are relaxed. Start to deepen your breathing and notice the noises around you.

Imagine yourself in the future. In that state, ask yourself:

- What does success look like for me?
- What are some of the important areas of my life?
- What are the major activities that make up my day?
- What type of home am I living in and where is it?
- What possessions do I have?
- What work am I doing?
- Who is around me?

Create a picture in your mind.


Now imagine waking up one day in that future state. Visualise your whole day from the time you wake up to the time you go back to bed having finished for the day.

- How do you feel when you wake up? What happens for breakfast? Who else is around you? What do you wear? How do you get to work and where is it?
- At work, what activities are you involved with? Who are you interacting with? What do you achieve during the day? How did you spend your lunchtime?
- What happens after work? What happens when you get home?
- Think about all the sights, smells, sounds and feelings associated with your day.
- See yourself in the picture. Immerse yourself and enjoy the image.
- Ask yourself: What type of person am I? What type of qualities do I have? What do I contribute?

## 2. Draw

Now bring that image to life by drawing a picture of what you saw and noticed. Remember that this is an exercise to capture what is your head and it does not matter what your drawing skills are like. Try to capture the key elements of what was in your mental picture. Use colour if that helps to emphasise things. Include words or phrases if you want.

My future life and career



### 3. Understand

Once you have finished your picture, note down your answers to the following questions:

- What are the most important elements of your life vision?
- What does your career look like?
- Who else is in the picture and what is your relationship with them?
- What are some of the key differences from your world now?
- What does the picture tell you about what needs to happen in your life now?

## What do you want?

Thinking about your future life and career picture, try to determine what is important that you want to be focusing on. Think about:

- Things you want to be different from now
- Things you want to be the same as now
- The emotional needs you want fulfilled
- Areas of uncertainty you want resolved

Complete the following “I want....” sentences to capture all the things you want to focus on in your life and career. Write as many as you need to confirm and articulate the picture into some priorities.

I want.....

I want.....

I want.....

I want.....

I want.....

I want.....

Adapted from Career Coach, Corinne Mills

**Review your career picture and “I want....” sentences on a regular basis.**