

nicole  
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## Finding a vision for my future



If we know what we want for our future we can start today to bring it about.

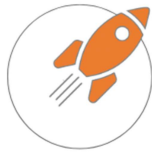
But if we don't know what we want we don't know what we'll get.

## 10 ways to discover what you really want

Here are 10 different things you can do to develop a vision and dreams for your future. Try some, have fun, be curious. You don't have to do any of the things you come up with, but you just might find yourself energised and inspired by a crazy idea.

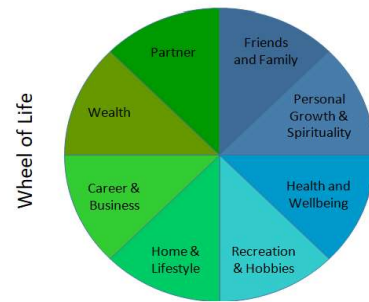
1. **Interview your older self.** Imagine interviewing yourself 10 or 20 years from now. Ask some interesting questions about what you did, and see what you answer.
2. **Think of your past.** What have you done in your life that you have loved? What have you done that you didn't like? From these lists, what would you like to do more or less of in your future?
3. This is my personal favourite. Write a list of **50 things you could do** in your future. Not things you will do, should do, or must do, but things you *could* do. You could learn Spanish, foster a child, find work in a Pacific Island, learn to grow vegetables, build a coffee table,... Nothing is too big, too small, or too crazy. Keep on thinking about it and push through until you have 50, or more! Then review - what sparks you to want to pursue it?
4. Think of the past **5 books** you've read. What would you like to take from these books into your own life? Is there is a courageous character that inspires you? Does a biography prompt you in some way? Maybe a story stirred up a passion in you for getting involved in something.





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5. **Make a vision board.** Use any creative materials to create a physical and visual image of the things that spark you and that you want for your life. Put it up on the wall or on your screensaver to motivate you
6. **Brainstorm 20** reasons why you have an exciting future ahead. This will help you to feel hopeful and energised. You may get stuck, but don't stop, push through, and come up with 20. Then look at the list, and see if they tell you anything about yourself, or there are any interesting opportunities to pursue.
7. Using the **Wheel of Life**, write down what you would like to achieve in each area. Decide if you want to use a 2, 5 or 10 year time frame. Don't be critical of your current situations, but positively think about areas to develop and grow.
8. Contemplate what you would like to do in the **next 10 years**. Then break this down into what do you want to do in the next 5 years. Then what is the goal for the next 2 years, this year, and this month. Big things are achieved one little step at a time.
9. **Rocking Chair journal.** Imagine you are old, sitting in your rocking chair. Write a completely fictional story about what your life was like, what you did, as if your future has already happened. What did you do? Afterwards, what from this story might you want to take action on or set as a goal?
10. Contemplate some of the **questions on the Life Hack website:**  
[www.lifehack.org](http://www.lifehack.org). Try some of the ones under the heading "What do you want?"



## Then what?

Reflect on the exercise(s) you did. Identify things that spark you, picking something small, if you're unsure of the big things. Write in 2 sentences what you want to focus on for your future, and put it up in your house somewhere, to remind and inspire you.

Now make a simple plan. What is the first step to get started? When do you want to do it? What will be the first milestone to complete? Start small, and momentum will come.

Talk to a friend for ideas or support, or get in touch with a coach if you want help.

*let's go!*

