



nicole
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Finding a vision for my future

If we know
what we want
we can start
to make it happen



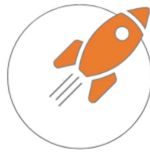
If we don't know
what we want
we don't know
what we'll get

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 might find yourself inspired by something.

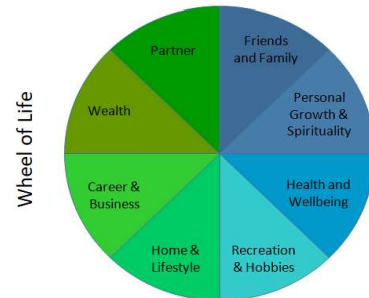
1. **Interview your older self.** Imagine interviewing yourself 10 or 20 years from now, asking questions about your life. What did you do, what did you love, ... ? Write down your answers.
2. **Think of your past.** What are 3 things you have you done in your life that you have loved? What did you love about them? What can you learn from these about what you want to do more or less of in your future?
3. This is my personal favourite. Write a list of **100 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, learn to paint, foster a child, work overseas, try growing vegetables, build a coffee table,... Don't filter – let the ideas flow. Keep going until you have 100 then review them. Do any spark your interest?
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 materials to create a physical and visual image of the things that you like, and 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 even if you're not feeling that way to begin with. Keep pushing through to 20. What do they tell you about yourself?
7. Using the **Wheel of Life**, write down what you would like to achieve in each area in a 2 or 5 year time frame. Don't be critical of your current situation, but look forward to what you want.
8. If you have lots of ideas, list out things you'd like to achieve in the **next 10 years**. Break it down into what to do in the next 5 years, next 2 years, next year and to 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? Then reflect on what this story tells you about yourself. Is there something there that sparks an idea?
10. Think about 5 people that you admire. **What do you** admire about them? Is there something about these characteristics that you'd like to develop for yourself? Remember you are absolutely OK as you are right now – but how would you like to grow?



Then what?

Reflect on the exercise(s) you did. Identify something that sparks you – the **big picture**. Write it down in a positive way - brief, inspiring and hopeful. It should make you smile, not feel doomed. Put it up somewhere to be reminded.

Now make a **simple plan**. What is the first and smallest 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!

