

FUTURE SELF VISUALISATION

EXPLANATION:

We are going to go on a guided journey to see if we can meet your future self, that part inside of you that is clear and knowing. By visualising them we make it easier to call upon this resource when you may benefit from that guidance.

This is a highly imaginative process, that requires us shutting off our analytical and practical brain for the time that we are in the visualisation and instead fully embrace whatever comes to your mind as you listen to the prompts.

VISUALISATION:

Find a comfortable position so you can relax and take this short journey. Take a deep breath, as you release that breath let yourself relax. Notice where you might be tense and breathe into that place and let that tension go and relax.

Questions for future self

Imagine yourself ____ year(s) from now.

**client determines timeline: 1, 3, 5, or other?*

Where are you?

What do you see around you?

the time of day...what is the light like at this time of day?

Notice the sounds... what do you hear close to you and then further away.

What do you feel underneath your feet? Try touching something, how does that feel?
What is it like?

What is the smell of this place? Let it all come so alive. Be there in all of your senses.

What is happening around you?

How do you feel?

What do you think when you first wake up in the morning?

What do you think before going to bed each night?

Describe your ideal day (within this vision) - what happens in that day?

Who are you with?/ Who are you in conversation with? / Who is supporting you along the way?

What do you notice about the person you are now? How would you describe the person you have become?

What are you placing the highest value or importance on at this time?

To allow for this, what have you let go of?

What is your mantra?

What were the markers of success along the way?

What is the story you tell others about how you got here?

What else does this allow you time for?

Now take some time to just enjoy being here in this place of

Take in the feelings of your future self

And now, as a final exploration, slowly leave your future self body and once you are about 3 feet away - take a moment to look back at your future self. Take in the wisdom that you have experienced and let the picture of your future self become clear in your mind.

What do they look like

- Notice what they are wearing
- Look into their eyes as they get closer, what do you see?
- Sink into the energy of it. What does the energy feel like?

What will help you to remember this future self when you need her/him in the future?

Thank each other, knowing you can be with your guide any time you choose. They are here for you to support you in your journey.

3. CLOSE

4. REFLECTION

READ BACK

What is your reaction in hearing this?

What are times when you've done this sort of thing before / where can you draw on from your past experiences?

What are you learning from this as it relates to the goals you may want to create for this on-going coaching?

What are some micro-actions that can start making this happen? (Things you could do TODAY).

Narrow this down + send to the client as a summary.