

The Year 20__

Instructions

Part 1:

Give yourself 10-20 minutes. Select a time at least 5 years from now (July, 20__) or even further out (2023, 2029, 2035). Write a few paragraphs describing your life in the year you have chosen.

Before you begin writing, close your eyes and allow yourself to inhabit this time. Imagine a particular day of the week, how the weather is, what you're wearing, what you're doing, and how you are feeling. How old are you and the people close to you? What captures your attention these days? What is important to you?

Write in the present tense and just see what comes to you. Add as many specific details as you can.

Part 2:

After writing down all you've "observed," you may also add *how you would like* your life to be. What would have transpired (in your personal life and work life) in order for you to feel content and happy? What has changed? What area of your life has become fuller? What have you let go of or learned? What is present for which you are grateful? Of what are you most proud? What is on the horizon?

Reflection

How do you feel about what you wrote? Is there anything that surprises you? Makes you feel uncomfortable? Excites you?

**Is there any aspect of this vision that can be introduced now – *lived now*?
What has to happen now for the future you are imagining to occur?**

The Year 20__