



REALISE YOUR VISION THE FUTURE LETTER

The goal of this exercise is to develop a Vision of the life and work you wish to create. It's an opportunity to connect with what you really want and get clear on your big picture.

Imagine that it is one year from now. You are reflecting back on the year and celebrating the changes that have taken place.

You are writing a letter to someone you care about who would want to celebrate your success. Share what has changed during the past year in your life.

While you can certainly write whatever is compelling to you, important areas to address are:

1. What your life looks like - focus on the three areas you identified in your Wheel of Life but feel free to mention how other areas have changed as well
2. How you feel about your life
3. Who the people are around you
4. What your typical work day looks like
5. What your typical non-work day looks like (if different)
6. Anything that is important to you regarding your life

For maximum effectiveness, balance **what you would love to have happen** in your life and **what you believe can happen**. Also, you want to balance what you *believe currently* is possible with what you believe *could be* possible.

Type or write up your letter and keep it in a safe place. In twelve months time, we will invite you to revisit your letter to your friend. You may be surprised by what you find.

Note: This letter is to a friend who cares – someone you can be honest with and someone who wishes you all the happiness you desire in life. However, the letter is for you. ie Don't send it.

Alternative modes of this exercise:

If you are a visual person (that is you like pictures) then you can do this exercise as a treasure map or collage. For each of the points above, simply find photos, illustrations, symbols that represent what your life will look like.

If you are an auditory person (that is, you respond well to sound) then may wish to check out the MyLand Visualisation in The Studio.