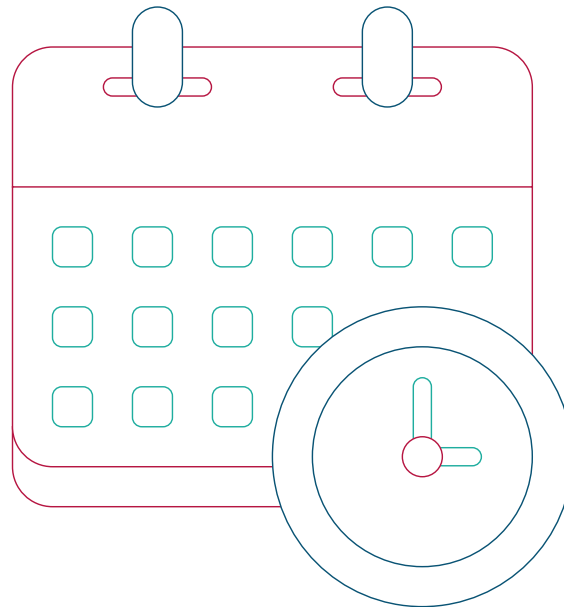




## Future Now™

### What is it?

The Future Now™ process is a quick writing process in which you envision and clearly outline what your ideal life looks like three years into the future. It considers all areas of your life and encourages you to 'think big', outlining a life where you are grateful, amazed and proud. The intention is for you to pull yourself out of any preconceived notions that may be holding you back, placing yourself in a moment in time where you both take inventory and allow yourself to appreciate the journey you've been on to achieve the life you desire.



### How It Works

**For Teams:** Use the Future Now™ process to help to kick off a planning process where you want to gain each team member's perspective and consider all realms of possibility.

**For Individuals:** Use when you are looking for inspiration, wanting to see possibilities, or incorporate into your own annual planning process.

### Steps in the Future Now™ Process

- 1 Make yourself comfortable with a pad of paper or journal, your favorite pen, and perhaps a cup of tea.
- 2 Have the intention that this is your time – a quiet space for you to explore, journey and reflect.
- 3 Think about your life in four major buckets: Personal, Work/Career, Relationships and Community. Each bucket has dimensions that you can touch on if applicable. For example:
  - Your Personal bucket may include your physical, emotional, mental and spiritual health. It may include classes you have taken, hobbies that you enjoy, or your self-care methods.
  - Work/Career may include projects and their outcomes and impact. It may include the relationships of your colleagues, the people you lead, the people who lead you, the impact on your clients, innovation, and income level.
  - Relationships may include family, friends, loved ones, and chosen family.



- Community may include your neighborhood, the town you live in, communities of worship, or people with whom you share hobbies.

**Note:** These buckets can blend into each other. The intention is to ensure you cover the multi-dimensional aspects of your life. You decide what dimensions work best for you.

- 4 Start writing the first things that come to mind. You can also start off by using the sentence “Today is (three years from today’s date) and I am so incredibly proud and grateful. Here’s why...”
- 5 Most people take anywhere from 10–30 minutes to draft this vision. Some write entire stories while others prefer bullets. There is no one right way, just remember to hold the intention to let it flow naturally, and consider answering the following questions as you write about the different buckets and the associated dimensions:
  - *What is great and why?*
  - *How is it making me feel?*
  - *What was my journey here?*
  - *What are the key decisions I made or milestones I achieved along the way?*
  - *Who were the people who were instrumental on the path?*

If you are working in a team, consider sharing each of your stories. If you are doing it for yourself, perhaps with a friend or a partner, reading the stories out loud is very powerful. Enjoy the process the connection creates and the opportunities that will unfold from there.

- 6 Once you are done, read through your story and highlight key milestones and outcomes.
- 7 Sort them on a separate page with the column headers: 30 days, Six Months, One Year, Two Years, Three Years. Start filling in accordingly with the outcomes.
- 8 Decide on 1–3 actions you are going to take today to start working towards these outcomes. Use step 6 as a planning tool to help make progress to your desired future.

And finally, remember to read this writing regularly and hold it all lightly, having non-attachment and non-judgment.

(Use the Future Now™ process with the *Quick and Dirty Fueling and Manifesting Your Desired Future* for extra support.)

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“ Courage is the commitment to begin, without any guarantee of success. ”

– Johann Wolfgang von Goethe

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