

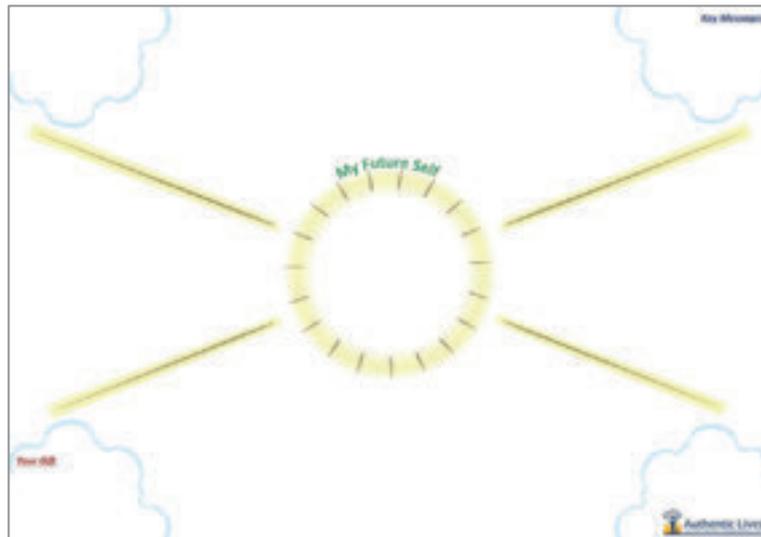
Session 10: My Future Self (Visualisation)

This exercise helps you to draw out your future in pictures. To help you with the process, you will be guided through a visualisation exercise (see the next page for more details). Please note that you don't need to base your drawing solely on the visualisation. You can draw it however you want to.

You may also be inspired by your insights from:

- 100 Dreams
- One Way Mirror
- Anything else that you are aware of that points towards your future.

There is no 'right' way to do this exercise, although we suggest you may want to leave the centre circle as a space to sketch out who you see yourself becoming. We do also ask that you **draw**, rather than fill up the space with words (apart from any "Key Messages") – 'My Future Self' is meant to be a visual tool, not a verbal one. If you feel the need to add words, we would suggest you write these on sticky notes and place them on the Future Self poster.



Jot down some ideas of what you might want to include on the Future Self poster here:



My Future Self – Visualisation



In what ways was my future self different from my present-day self? How have I grown? What new strengths and values have I developed? (Use the VIA Classification of Strengths to prompt your thoughts). Record your thoughts in the space provided below.



What Key Messages and Resources will help me as I seek to become my future self? What did I experience when I received my “Gift”? How will this help me become my future self? Note your thoughts below.

