



My Healing Program

Who am I in my future

Do this activity in conjunction with the activity on **Envisaging your Future**.

This follows on after the Venn diagram which will assist you in finding your purpose.

Activity: Who am I in my future

Now that you have revealed your purpose for your life, and have chosen what you want your life to be in the future, you need to put together a vision board or electronic collage that emboldens the ideals you have set for your life. Try to envisage all aspects of your life – personal, business, work, family, environment, financial status, as aligned in the **Life Balance Model**.

Where do you see yourself in:

a) **1 years' time**

b) **5 years' time**

c) **10 years' time**

d) Optional – write down where you see yourself in 25 years' time

e) Explain to your future self where your life was (is now), and what you have achieved in the past ten years

Activity: Compiling your vision board and Vision Statement

Vision Board

A vision board can be a large piece of cardboard (A3) or an actual pin board which you can place somewhere that you will see it daily. This will be your reminder of your goals and preferred outcomes. Your vision for your life should, as far as possible, include the following areas:

➤ Health

- Wealth / finances
- Environment
- Career / business
- Relationships – friends, family, partner
- Mindset

When you look at your vision board and your writing on where you want your life to be, also think of the reasons why you may not achieve the outcomes you have set for yourself. Write these down here and formulate how you can overcome the challenges if they do occur.

This can be added to or adjusted as time passes as there may be projects or new achievements you wish to commit to as time passes. Life happens. Your vision board is always a work in progress, constantly evolving and changing as your life changes.

Be careful not to lose sight of your chosen outcomes otherwise this can be the start of a downward spiral as we lose track of the reason why we're doing what we've been doing, and the purpose for our being here.

Vision Statement

Create a vision statement for your life. Much as a company creates a vision statement, so you need to make a clear statement of your vision for your life. This must also be displayed in a prominent place in your home or at work, where you will be constantly reminded of your value in the world and the value your life has, not just to yourself, but to others.

Try to learn it by heart so you can say it yourself regularly as an affirmation of why you are here.

Life is not always in our control, so it would be unrealistic to assume all of our hopes and dreams will materialise, because we simply do not have control over all aspects of our lives. On occasion someone or circumstances adjust our path no matter how good our intentions may be to follow our chosen way.

When you look at your vision board and your writing on where you want your life to be, also think of the reasons why you may not achieve the outcomes you have set for yourself.

Why?

If you think of the potential obstacles your brain is already working on ways to resolve them. If your resolve to achieve your preferred outcomes is strong enough, your brain will find every possible way for you to achieve them.

How will you achieve these desired outcomes for your life?

Set yourself specific outcomes you wish to achieve, with dates by when you will achieve them.

To assist you in planning these actions you will take, start with your one-year goal, 5-year goal, 10- year goal.

Start with the one-year goal: some people prefer to start from where they are now, others prefer to work backwards from 1 year – 1 months, 10 months, 9 months, and so forth. Find what works for you.

This may take a while to set out, so play around with what steps need to be taken to achieve each goal and once you have made your rough notes and drawings, put the steps in a systematic, easy to read format.

Refer to the next page for an important next step in your journey

This is your declaration to your commitments for the outcomes you have planned to achieve over the next year – five years.

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Activity: My Commitments

Here is a table where you must complete your timelines and goals once you have finalised them.

I, (Name) _____, on the _____ day of _____, 20_____, do hereby commit to completing my objectives and outcomes as described above. I am doing this for my future, to achieve the goals I have set for myself.

Signature

Witness

Remember: If you don't follow through it will impact no-one else except you. The effort you put in, and the actions you take on your path, are your choice and yours alone. The end result will depend on how much effort and dedication you put into the program.

Wishing you every success!