

Knowing where you want to be is crucial if you want to become the best version of yourself. One particular strategy we use at Coaching for Leverage is to visualise what our future self will look like. The journey can only begin if you know where you want to be. This could be either through career progression, career change, a healthier state of body or mind, or the accomplishment of a dream you have always had.

Below are a set of questions which you could ask yourself to help you visualise the accomplishment of the goal you have. It will be the future person who gets the goal, so make sure it's you!

With this in mind, you have to think about who the 'Future You' is. Try these questions out and let me know how you get on.

1. What does the 'Future You' look like?
2. Where are you living in the future?
3. Who are you with?
4. What are you doing?
5. How does the 'Future You' make you feel?
6. How is this different to where you are now?
7. How far is this dream ahead of you right now?
8. On a scale of 1 to 10, how driven are you to become the 'Future You'?
9. What are the first steps you need to take to become the 'Future You'?