

## Your ideal future - Vision and your affirmation

This framework will help you to visualize your ideal future. The goal is to be able to write your vision and a personal affirmation which can guide your quest.

### 1. The past

Everything starts from past experiences. List some experiences you lived in the past, which helped you to learn important lessons, but that you don't want to repeat in the future.

PAST EXPERIENCES

Next, list some achievements from the past which you consider were milestones that led you to where you are now.

PAST ACHIEVEMENTS

## 2. The present

Think about some of the problems you are currently facing, put them on the table below and then add some possible solutions.

	PROBLEM	SOLUTION
Your private life		
Family related		
Work		
Your career		

Think about the following months (short term); what do you need to achieve or obtain (pendent matters) to be happy and successful?

SHORT TERM PENDENT MATTERS

### 3. The Future

We have limited control over things that can influence our future, and there is always a chance that we will need more time to achieve our objectives. Try to visualize two possible futures for you, one of them optimistic and the other one pessimistic.

OPTIMISTIC	PESIMISTIC

Think about people who have some level of influence on your life, family, mentors, managers, peers, friends, etc. It could be interesting to have a different perspective. Ask them how they see your future. How do they envision it?

PERSON	ROLE IN YOUR LIFE	LEVEL OF INFLUENCE	THEIR VISION ABOUT YOUR FUTURE

Now list the things you still need to do to achieve in the medium term (pendent matters) to achieve your ideal future, including the level of control over them.

MED-TERM GOALS	LEVEL OF CONTROL	
	IN YOUR CONTROL	OUT OF YOUR CONTROL

#### 4. Your vision

What are the key elements that a vision must include?

KEY ELEMENTS

Look around for inspiration (books, social media, company websites, etc). Can you quote a vision that inspires you?

QUOTE

Now, using all the elements you summarized above, try to write your vision for your future.

MY VISION

## 5. Affirmation about your future

According to you, what key elements must a good affirmation have?

KEY ELEMENTS

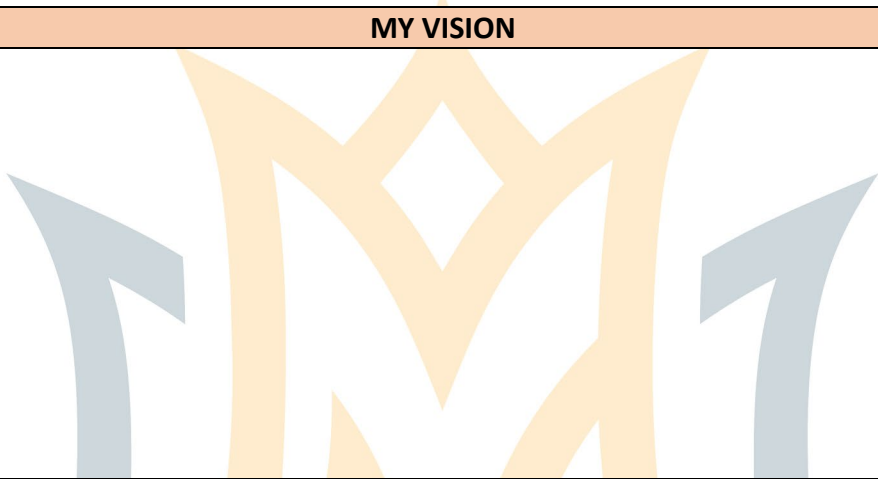
Now try to write your affirmation for your ideal future; it has to be inspiring.

MY AFFIRMATION

## 6. Optimistic language

Are the vision and the affirmation you wrote above optimistic?

If you think the vision was not optimistic enough, re-write your vision using more optimistic language.

MY VISION


If you think the affirmation was not optimistic enough, re-write your affirmation using more optimistic language.

MY AFFIRMATION