

Letter From Your Future Self

Visualization Exercise

This is a visioning exercise designed to let you see into the future and into your true dreams and desires. The format will allow you to relax and freely uncover and verbalize your vision.

Get into a comfortable position. Allow your eyes to close and begin by focusing your awareness on your breath. Breathing in and breathing out. Breathing in easily and effortlessly. Then breathing out. Each breath allows you to become more relaxed and comfortable. Outside sounds only allow you to go deeper inside: a reminder of how good it is to leave the noise and stress of the outside world and journey into the quiet and peace of your inner world.

Imagine that you open your eyes and see an envelope on your desk addressed to you from... you. Look at the date on the postage stamp and see that it shows a date of exactly 20 years from now. You received a letter from your Future Self, from the accomplished you, from the you who lived the wonderful and fulfilled life, from a person who loved and cares for you and wants to support you in achieving your absolute best. Imagine that you open the envelope and start reading. Let the loving and caring words come to you and tell yourself everything you need to know now about how your wonderful life evolved, what happened in those 20 years and how you lived. Allow yourself to say everything that you need to hear and know. Let your Future Self tell you how your life looks 20 years from today, how happy you are living that life, how you got there, what was the most important, what truly mattered. Let them tell you what they enjoy the most. Let it all unfold. Let them encourage you, support you and love you.

Once you saw the content of the letter, open your eyes and write down everything you read. Compose the letter on paper and have it available to read often. It will clarify your values and our vision and give you support you need in your journey. It will pull you in the direction you want to take and attract all the wonderful things to you.