

The Imagined Future Self Exercise

This exercise involves imagining your best, wisest self, immersing yourself in the experience of that imagined sense of self, and then making use of the wisdom that your higher self holds.

The steps are simple:

- Imagine yourself in the future, living your ideal life— and the people you want to share it with. Imagine yourself in 5 years, or 10 or 15 years' time. After you have lived through, survived, successfully dealt with the problems you are currently struggling with.
- Imagine that you have achieved, succeeded and completed everything that you are struggling with now, and that you are proud of your achievements.
- Fully immerse yourself in your ideal, imagined future self. You may even ask your future self - how did I do it? What got me through? What changes can I make now?
- Try to actively embody the wiser energy, the strength and calm serenity you might feel in your future self, knowing that you are able to overcome and live through the experiences of what you are currently facing. Imagine what you would feel and how you would behave.
- Then, think about what are the next steps to get to that future experience of self, and start to make plans, while holding onto the connection and knowledge that you are able to access your self in the future and the store of potential wisdom that it holds, at any time you need it.