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Visualization Guide

The first step to setting goals is visualization. Describe in detail where you are currently and where you want to be in the future. Envision your future self by using the following prompts. You may respond with words, descriptions, pictures, or paragraphs. Find a response that feels authentic to you.

I. Describe your physical location.

- Is the future tomorrow? Is it several months from now? Is it years or decades from now?

- What country, state, city, province, or village do you live in?

- Are you inside or outside?

- Are you traveling or at home?

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II. Describe your home.

- What does it look like?

- How is it decorated?

- Is it comfortable?

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III. Describe the people around you.

- Who is with you? How are they related to you?

- What are they doing?

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IV. Describe your occupation.

- What are you doing?
- Is it a hobby or a profession?
- Do you enjoy it?

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V. Describe your daily routine.

- What time do you get up?
- What do you do and where do you go during the day? Who do you see?
- Are you happy or content? Are you smiling? If not, what is bothering you?