

## My vision of the future

(from *Radical Change in the World of Work: The workbook*)

**Visualization**—using our imagination to form a mental image—is something we all do. Professional athletes and musicians use visualization to improve their performance. They see themselves in their mind winning the race or playing a flawless piece of music.

In career planning, visualization helps identify potential occupations.

Read the following script to help you visualize your ideal future. When you're finished thinking about your future life, record your thoughts. If you have a tape recorder, it might be useful for you or a friend to record the following directions in a slow, relaxed voice (the dots...indicate long pauses). You can then play the tape to yourself.

It's quite some time from now, maybe 10 years, maybe 20 years, and you're just waking up from a good sleep. As you wake up, you remember that your life has gone almost exactly the way you've wanted it to... You get out of bed and begin noticing what's around you. You take notice of where you're living and what your home is like...You look outside and notice where you're living—the town or city, the province or state, the country...You pay attention to your immediate surroundings as you get ready for the day, taking special notice of who you're living with—a spouse, partner, children?...You also attend to your lifestyle— your home, furniture and hobby equipment—as you walk around your place getting ready for the day...Now you take a moment to think about the upcoming day, examining what you will be doing, who you will be with, and what you will enjoy most that day...Then, as you go outside for the first time, you come across a friend you haven't seen in a long, long time, and the friend asks about what you've been doing. You answer, describing your life and the things you've been doing since the last time you saw this friend...You describe your hobbies, your relationships, your work and your lifestyle to this friend...and you describe two or three things that you are especially proud of...

When you have finished describing your life to this friend, you can return back in time to right now. Take some time now to record your thoughts.

- ◆ I look around my home and I see...
- ◆ I'm living in...
- ◆ I'm living with...
- ◆ I will likely spend today with...
- ◆ Today, I look forward to doing...
- ◆ Since I last saw my friend 10 or 20 years ago, I have been...
- ◆ My hobbies include...
- ◆ My work is...
- ◆ I am living a lifestyle that could be described as...
- ◆ The things that are really important to me are...
- ◆ The things that I am most proud of are...