

A Letter to my Remarkable Future Self?

Who could I be? Who do I want to be?

Module 1 of the Remarkable Life program, helps you begin to have a sense of what's important to you, what you value, what your strengths are, and what brings you joy.

Before you complete *this* exercise, make sure you've done *Module 2 - Exercise 1 – Love, Life, Value, and Choices*. If you desire to start being, and doing something different and new, then you probably need to make some space in your life by letting go of what doesn't serve you. Exercise 1 is a good way to look at that.

This exercise will help you start creating and clarifying your dream, exploring and experiencing your remarkable life. And along the way, getting curious about your passions, and your purpose.

*"Imagination is the beginning of creation.
You imagine what you desire,
you will what you imagine,
and at last, you create what you will."
~George Bernard Shaw~*

Here's what to do:

1. Find a quiet spot to sit.
2. Take out your journal and pen.
3. Choose a date a 2-5 years ahead that means something to you – an anniversary or a significant birthday.
4. Close your eyes, take 3 deep, slow breaths, and imagine that a miracle has happened. Your life has turned out exactly the way you desired it to, it's remarkable. You've done the hard work. You are living the life of your dreams, a life full of meaning and joy, success and purpose, worthy of your attention.
5. Spend at least 10 minutes imagining what your remarkable life is like. Anything goes here - whatever feels right – this is your dream! Imagine:
 - The colour, the sights, the sounds, the smells, the tastes.
 - How do you feel?
 - What are you doing right now, and later in the day?
 - Where are you?
 - Who's with you?
 - Look in your future date diary and see what you've got planned for the day, the week, the year – work or pleasure or a mix of both.
 - When is your next holiday? Where are you going to? Are you on holiday now?
 - Check your bank balance, and see what the entries and cash balance are.
 - Where are you off to work or are you working from home or part-time or online?
 - Who are you having lunch with?
 - Open your wardrobe and try out your new clothes.

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6. When you feel you have a clear and vibrant picture, open your eyes, pick up your pen, and write a letter telling yourself about your remarkable life. All the things you just imagined. Describe your remarkable life, and yourself, in as much detail as you can. Don't forget to include how you feel, what you think, what you're doing, and what you now believe.

And just before you begin, this is important – write your letter in the future tense, it helps to make your remarkable future that much more real. So, rather than writing:

"I want to be exercising regularly, and getting fit. And I want to have a large garden."

Write instead:

"I jump into some running gear, and head off eagerly for my regular morning run, my body is fit, slender, and toned. I head out of the front door, and smile contentedly at my well-tended garden."

Rather than:

"In the future I'm aiming to become debt free, and financially independent so I can live the life I want."

Write instead:

"I feel so relaxed since I am completely debt free, and because I'm financially independent, I travel everywhere first class. My well-established financial portfolio allows me to meet all my obligations, invest in my grandchildren's future, and donate large amounts of cash and time to my favourite charities."

Write for as long as you like...



*"Put your ear down close to your soul,
and listen hard."
~ Anne Sexton ~*