

## Futurecasting (Hope Visualization)

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Take a few deep breaths, calm your system and clear your head.

I want to imagine your life in 5 years. All your hard work pays off and your life is awesome. What do you see? What is different from today? What is the same but better?

What is one goal you've achieved that is helping your life be awesome?

Now think about that goal you want to achieve in the future.

What are some actions you could take to start moving you towards that goal?

What could get in the way of your goal? What are other ways around these obstacles?

What short statements could remind you of your capabilities to move towards your goal? Eg. "I am capable and resourceful."

Breathe and bring your attention back to that 5 year image where you have achieved your goals by believing you can and working around obstacles. *How do you feel in this new future? What are the key words to describe this feeling?*