

FUTURE SELF MIND MAP

Visualize the life you're building so you can align your goals with who you're becoming.

Step 1: Guided Visualization

Start by deciding how far into the future you will be envisioning yourself. It should be no less than 10 years into the future. Imagine you have time traveled to this future time and are able to follow yourself around unnoticed. Observe both your future self and the environment you have created. You want to capture your accomplishments - big or small - in all areas of life. Answer the following questions to get you started:

Where are you living? *(This does not need to be a place name. It is important to describe it in terms of terrain, climate, population density, types of structures, etc. Include your home and the community.)*

What does a typical day look like?

What do "special" days look like? *(Holidays, birthdays, vacations, etc.)*

What have you experienced and accomplished in life?

How do you feel in this future life? *(Think about both physical and emotional energy. Is your future self at a place of contentment with life? Or are they still reaching higher to accomplish more?)*

Step 2: Create Your Mind Map

The following page is provided to begin your Future Self Mind Map. Add the future year or time frame you chose in Step 1 to the center circle. Surrounding the center, you will fill in the major life areas or domains. The first couple have been sketched in for you as an example. The following life areas are suggested, but can be modified to fit your preferences:

- Health & Well Being
- Relationships
- Career / Business
- Finances
- Creativity & Personal Growth
- Home & Environment
- Community & Contribution

For layer 2 and beyond, continue branching out, adding more detailed areas and notes to describe the accomplishments or outcomes achieved. You may add any information that will capture your thoughts so you can remember what you observed going forward. Use different shapes, symbols, colors, or other coding as you continue working through the entire process.

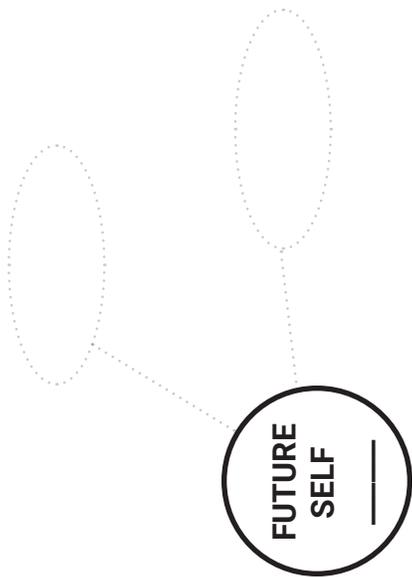
If you need additional room, you can add blank sheets of paper around the center by aligning the edges and taping them together on the back side. It is OK if it gets messy, it's just for your own use.

An alternative to sketching it out on paper, is to use sticky notes. You can easily move them around, but can only draw lines if you are able to put them on banner paper or something similar. (Make sure you test and markers you plan to use to make sure they will not bleed through the sticky notes or banner paper.)

If you prefer to capture it digitally, you can find free applications that will help you create a Mind Map by searching for "Free Mind Map tools". You can also use an application that provides shapes, lines and colors, such as, Canva, MS PowerPoint, Google Slides, Apple Keynote, or many of the illustration apps.

Remember: This is a snapshot of your current vision of your future self. It is not cast in concrete and as you move forward and look back on it to plan your next goals, you'll be able to make any changes as both or current life and future vision continue to evolve.

If you are using color coding or other coding, you can use this space to create a legend for future reference.



Step 3: Deepen the Map

Keep adding more details to your mind map by identifying what habits, systems/routines/practices and mindsets your Future Self relies on - the invisible framework that makes their life work. Here are some questions to guide you:

What habits does Future Self rely on?

What systems make their life easier?

What values show up repeatedly?

What feels different from your life today?

What does Future You no longer tolerate?

Step 4: Insights & Patterns

Identify the elements or patterns that appear throughout the mind map. Also consider what element(s) feel most energizing or meaningful. Here are some questions to guide you:

What themes appear across multiple branches?

What feels most energizing or exciting? Why?

What surprised you? Why?

What feels essential to bring into your life sooner rather than later? Why?

Step 5: Turning Vision Into Direction

Your Future Self Mind Map is essentially complete. Step back and look at the map as a whole, treating it as a visual snapshot of the life you're moving toward. While you may need to make updates down the road, it is still a good compass for making decisions that align with the person you are working to become.

Based on this map, what does Future Self want you to focus on next?

What near term goals naturally emerge from this vision?

What decisions become easier when you look at this map?