

Visualising your future

Imagine meeting yourself walking along the street in a year's time. You look confident, content and unruffled. You sense an aura of satisfaction and a new energy that you don't currently possess. There's a glint in your eye.

Who is this future person? What do they do, what do they have? What's changed and gets them out of bed every morning with that glint in their eye?

Creating a vision of your future self can be a difficult to do, especially if you're stuck in the daily grind of your current reality. This simple tool is designed to help you formulate that vision and find your motivating goal.

So, if you were completely free to choose, with all the resources you needed, what would you really like to be doing? Really, really like to be doing?

How to use the Be/Do/Have Vision Tool

An important premise of coaching is that it's goal oriented. If you're going to invest time and effort, wouldn't you choose to invest it in something that moves you forward in life, or gets you the things you want? To do that you need to working towards something, in other words having a goal in mind.

Having a clear vision, positively stated in the present tense, of things you will be, do or have in the future can be a powerful way of developing a goal.

Imagine there are no constraints; no financial or time limitations and nothing to hold you back. Then imagine you meet yourself walking down the street in one, three- or five-year's time.

Who are you?

What do you do?

What do you have?

Use the template to make the vision as rich as possible. As well as tangible items like a job, relationships or possessions, think of emotions, smells, sights, sounds that this person is experiencing too.

Every great journey starts with a destination in mind; what's yours?

| | BE | DO | HAVE |
|------|----|----|------|
| Yr 1 | | | |
| Yr 3 | | | |
| Yr 5 | | | |