

Meeting with my 30 year-old self

Methodology: Fast Forward into the Future

It is 30 years from today. You are about to visualize an encounter with your wiser future self 30 years from now.

The below prompts are suggested to help you prepare for this meeting and guide the visualization. Take some time to read them before the exercise.

When you are ready, pull up a chair, take a relaxed posture, close your eyes, and enjoy the encounter.

Prompts to guide the visualization

Use your imagination to visualize the details of this encounter, imagining your own maturity and growth into your best self. In the visualization, take the time to visualize the scenery in details by engaging all your senses.

- Where do you imagine this encounter taking place? What is the setting around you?
- Imagine you are seeing yourself in the distance, coming closer.
- What do you look like in 30 years from now? Imagine your face, eyes, smile, hands and other features.
- How would you describe your posture, your walk, your pace, your overall presence? What impression do you leave?

As your future self is getting closer, what questions do you want to ask? This is a chance for a conversation about things that are important to you. Some of the questions you could ask your future self:

- How do you look at the world and life now in a way that is different from the way that you saw these things in the past?
- What matters most to you?
- How do you deal with change?
- What is your attitude towards the unknown or uncertainty?
- What is making you live with integrity? What deep and core values are you honoring?
- What do you care about?
- What kind of work are you enjoying? What are your major responsibilities? What difference are you making? How are you spending your time?
- If there is any type of advice your future self could offer you in terms of leadership. What is it? Are there any other questions you would like to ask?

Once this 15 minute meditation conversation has come to an end, express your gratitude and trust that you can return to your highest future self any time you wish.

Take note on a small sheet of paper of the insights and wisdom that have emerged from your conversation.

- As a general impression, what can you say about the person you just met?
- What can you note down about this person?
- What insight or advice do you keep from your encounter?

Once the exercise is completed: Share your experience with the person beside you or with a friend.