



**ON.**

**PURPOSE**

It's a state of being.

**SESSION #4**

**VISUALISATION**

# AGENDA.

- GROUNDING (5 min)
- HOW DO YOU FEEL? (10min)
- THE FUTURE SELF (10min)
- ENVISION YOUR FUTURE SELF (10min)
- WRITE A LETTER TO YOUR FUTURE SELF (10min)
- ROOM FOR QUESTIONS (15min)

**HOW. DO  
YOU FEEL?**






**FUTURE  
SELF.**

**ON.  
PURPOSE**

# ON. PURPOSE ROADMAP

PURPOSE	INNER CHILD	YOU TODAY	BETTER SELF	FUTURE SELF
<p><b>“what drives me forward”</b></p> <p>The sweet spot between your core <b>values, talents</b> &amp; a <b>world need</b> you care deeply about.</p>	<p><b>“what holds me back”</b></p> <p>Your <b>Limiting beliefs</b> are (once successful) strategies to <b>protect your ego</b> and to handle fears &amp; trauma's.</p>	<p><b>“where I am today”</b></p> <p>Reflect on your <b>energy</b> level &amp; <b>awareness</b> level, your life choices, routines, <b>habits &amp; leadership style.</b></p>	<p><b>“how I will grow”</b></p> <p>Set <b>intention</b> for a measurable &amp; achievable <b>goal</b> for the <b>next quarter.</b> Practical habit plan to continue your journey.</p>	<p>1. <b>“what is my future vision?”</b></p> <p>Dare to <b>dream.</b> Visualise yourself <b>5 years from now.</b> Make it tangible, describe your <b>ideal day</b> (work/day off)</p>



# WHY IT MATTERS.

## “BEING BEFORE DOING”

- Future Self as an anchor in decision making
- Start making changes by being what you envision
- Daily actions & decisions gradually become your habits
- Your daily habits reflect your values & priorities.

# WHY IT MATTERS.



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**“SO ALERGIA” = “Just Joy”**

In the Yawanawa tribe of Brazil they believe in the power of an intention. They start or finish every sentence or song with the ‘So Alergia’ phrase. They believe that the most powerful thing to do, is to stay focused on your vision, while you enjoy the present moment, see the joy of life without attachment to the outcome.





**ENVISION.**  
**YOUR FUTURE SELF**



# WRITE. A LETTER TO YOUR FUTURE SELF.

YOUR FUTURE LETTER

FULL SCREEN 

Dear FutureMe,



DELIVER ON

March 

13 

2021 

[Choose A Duration](#)

MAKE THIS LETTER

Private

Public, but anonymous

YOUR EMAIL ADDRESS

 Your Email

SEND TO THE FUTURE!

You will receive a confirmation email - please make sure your email address is correct! By writing a letter and signing up for FutureMe you agree to the [terms and conditions](#).

**CHOOSE.**

**YOUR ACTIONS**

# ROOM. FOR DISCUSSION

