



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**


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.

ON. PURPOSE ROADMAP

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

 creative tension

WHY IT MATTERS.



WHY IT MATTERS.

“SO ALEGRIA” = “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 Alegria’ 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



FUTURE SELF.

“WHO ARE YOU 1 YEAR FROM NOW?”

- How do you feel?
- Where are you? With who?
- How do you spend your time? (in alignment with what matters to you?)
- What did you let go of? (habits, stories & beliefs?)



START TODAY.

- HOW COULD YOU BE IN YOUR OWN WAY?
(EGO-MODE, LIMITING BELIEFS, HABITS, STORIES?)
- WHAT COULD YOU START DOING TODAY TO FEEL THE SAME?
- BE CLEAR ON WHY IT MATTERS TO YOU?

CHOOSE.
YOUR ACTIONS

CREATE YOUR
RIPPLE EFFECTS,
ON PURPOSE.

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](#).

ROOM. FOR DISCUSSION

