

Growth Planning Life-Skill #4

BEING ABLE TO USE THE POWER OF FUTURE-IMAGING
(OR, VISIONING) TO PULL ME INTO MY DESIRED FUTURE

What makes us different from the animals?

► Our ... I D

If we're not using our large and highly developed brain and mind to envision and direct our lives towards a future different from our present, we're not living up to our **full** human potential.



Like performance athletes visualize the successful completion of a difficult feat before trying it, when we use FUTURE-IMAGING & VISIONING, we experience *"the gravitational pull"* of a vision of our future life.

➤ **When could you have used the power of future-imagining in your life ?**

GROWTH PLANNING LIFE-SKILL #4 ANALYSIS & MEASUREMENT FORM

Being Able To Use The Power Of Future-Imaging (Or, Visioning)

To Pull Me Into My Desired Future

<p>List 2 PAST situations when you (or someone you know) did use this Life-Skill?</p>	<p>1) _____ ----- 2) _____</p>
<p>List 2 FUTURE situations when you (or others you know) could use this Life-Skill?</p>	<p>1) _____ ----- 2) _____</p>
<p>To what extent are you demonstrating this Life-Skill in your everyday life RIGHT NOW?</p>	<p>I AM NOT [circle one number] I AM Demonstrating This Life-Skill Now Demonstrating This Life-Skill Now In My Everyday Life In My Everyday Life</p> <p>←-----→</p> <p>0 1 2 3 4 5 6 7 8 9 10</p>