

Growth Planning Life-Skill #4

BEING ABLE TO USE THE POWER OF FUTURE-IMAGING
TO PULL US INTO OUR 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
To Pull Us Into Our Desired Future

List 2 PAST situations when you (or someone you know) did use this Life-Skill?

1) _____

2) _____

List 2 FUTURE situations when you (or others you know) could use this Life-Skill?

1) _____

2) _____

To what extent are you demonstrating this Life-Skill in your everyday life *RIGHT NOW*?

<u>I AM NOT</u>	[circle one number]	<u>I AM</u>								
Demonstrating This Life-Skill Now In My Everyday Life	←————→	Demonstrating This Life-Skill Now In My Everyday Life								
0	1	2	3	4	5	6	7	8	9	10