

Working Towards Your Ideal Self

"Go confidently in the direction of your dreams. Live the life you've imagined."

– Henry David Thoreau

Goal

The premise of this self-expressive writing exercise is to get your client to place themselves in an ideal future, their ideal future. A life of their own making.

It will allow the client to visualise what the best version of themselves would look like and establish a framework of goals whilst highlighting harmful or non-conductive behaviour.

Advice

Ask your client to spend just a few minutes on each question and write down what comes straight to mind. Try to get them writing subconsciously, in a flow state, so to speak.

It is important that they try not to be self-judgemental or critical whilst they write. Also, spelling, grammar, and sentence structure should be ignored. The only focus should be on the actual task of writing.

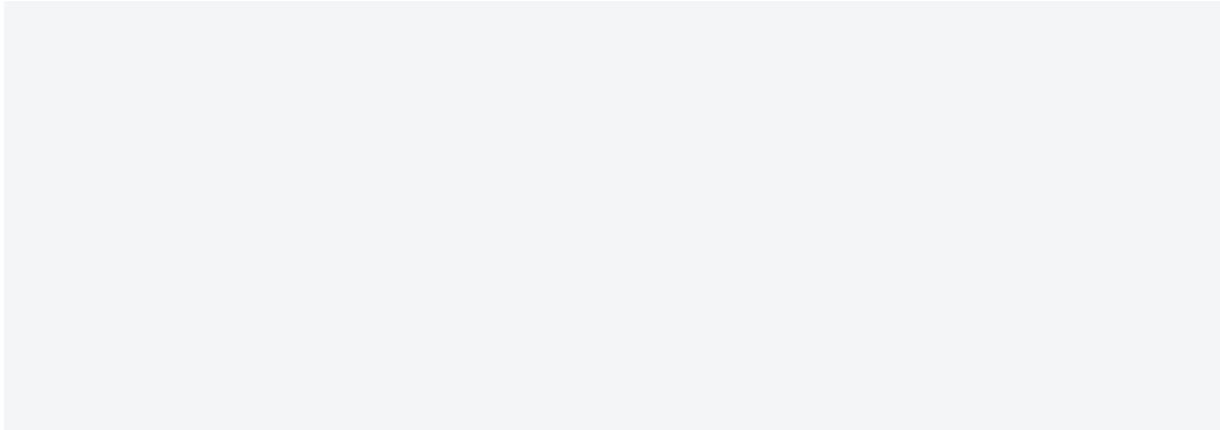
Ask them to view the exercise as a blueprint for their aspirations. They are creating a map that will show them the balance, hard work, discipline and motivation needed to achieve their vision.

Tool instructions

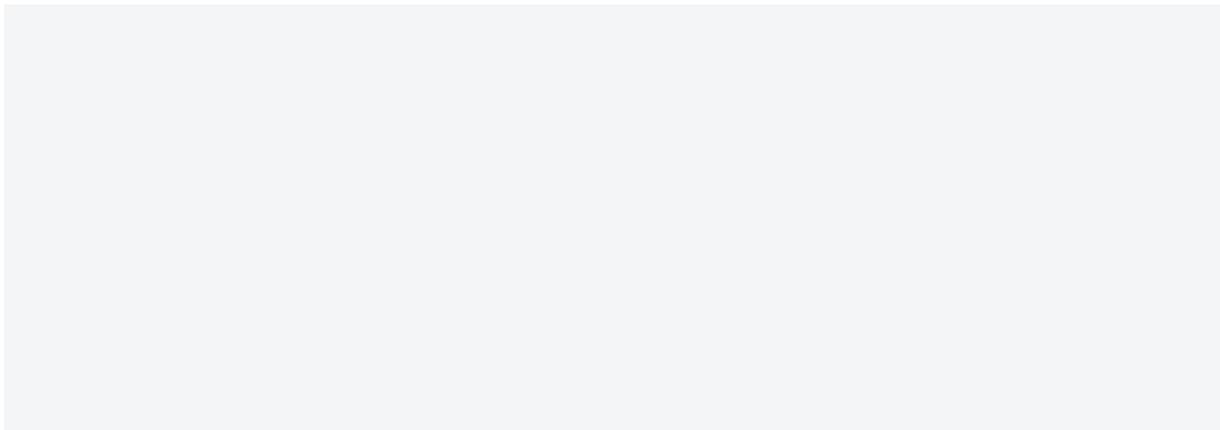
- Spend only a few minutes on each question.
- Try not to pause or think too much whilst writing.
- Write down what comes straight to mind.
- Don't be self-judgemental or critical whilst you write.
- Ignore spelling, grammar and sentence structure.

Beneath most of the questions, there are prompts to help guide you if stuck. Use them to help guide you through the process.

Think for a moment and choose something about yourself that could use improvement

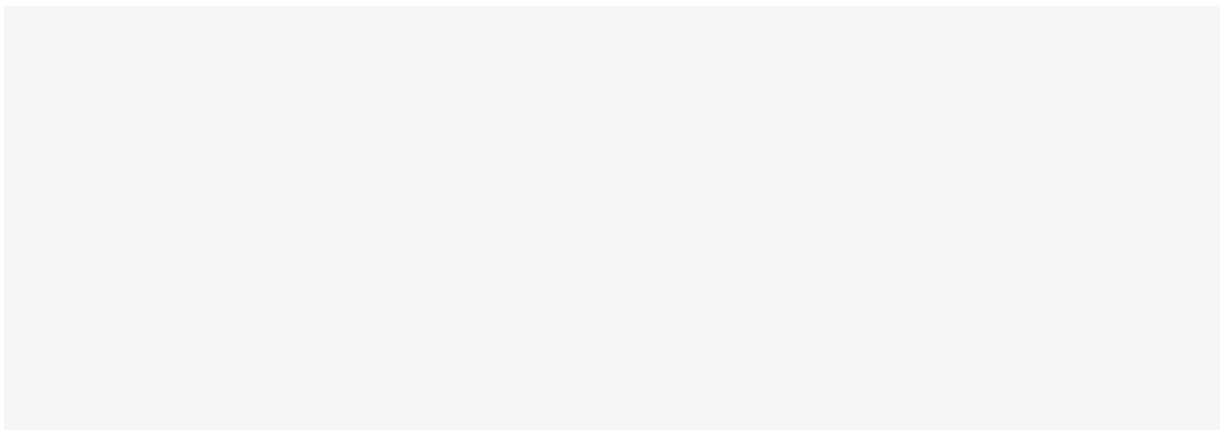


What habits do you currently have that you would like to improve on or perhaps remove all together?
Is there a habit that affects your health, or your social, family and work environments?



Thinking long or short term, what is something you would like to learn in the future?

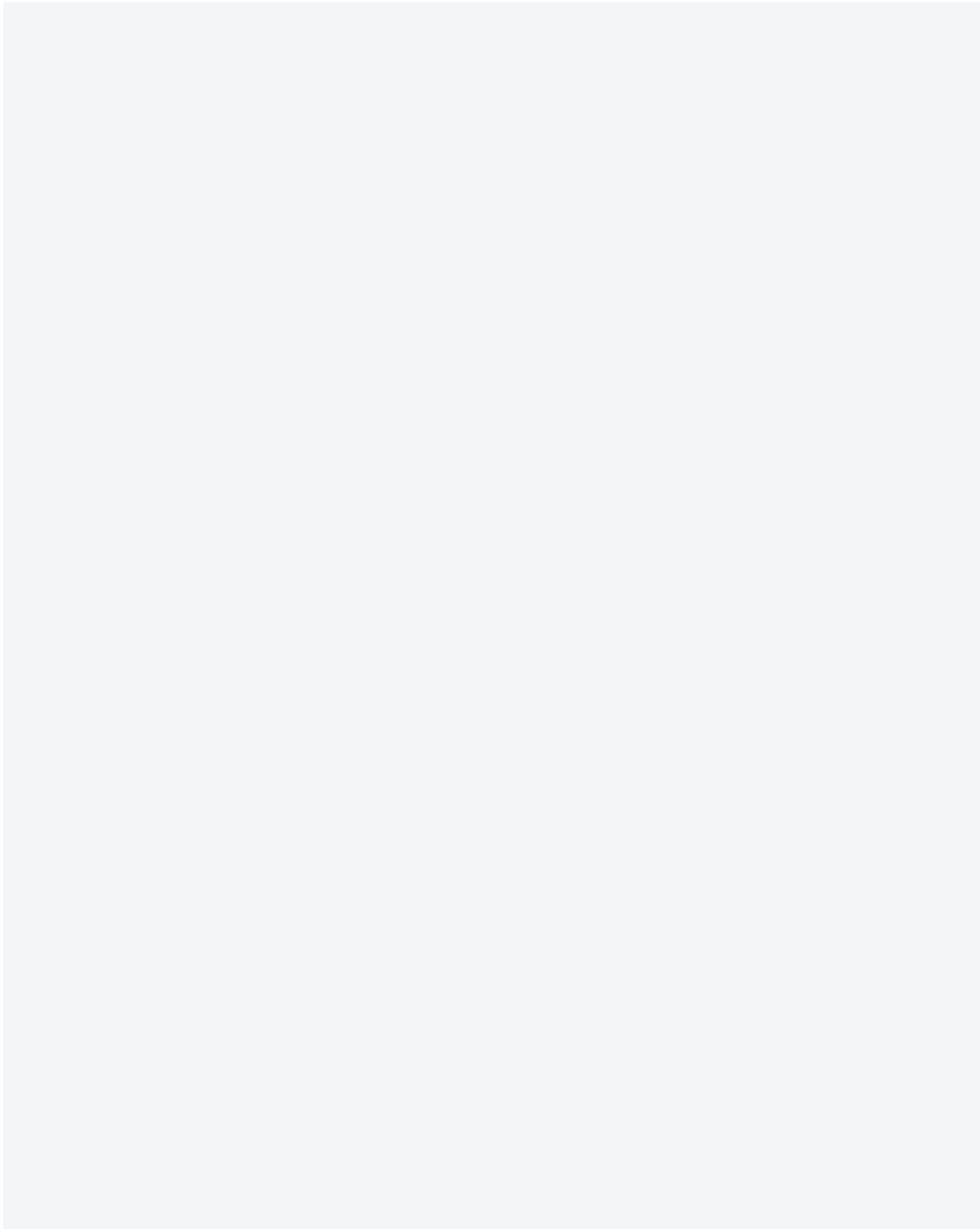
Maybe there is a skill you would like to develop? Perhaps there is an area of interest or knowledge you would like to pursue?



Visualise and specify your ideal family life

Strong family relationships are key to living a fruitful and meaningful life. In your ideal future, what are the relationships with your parents and siblings like?

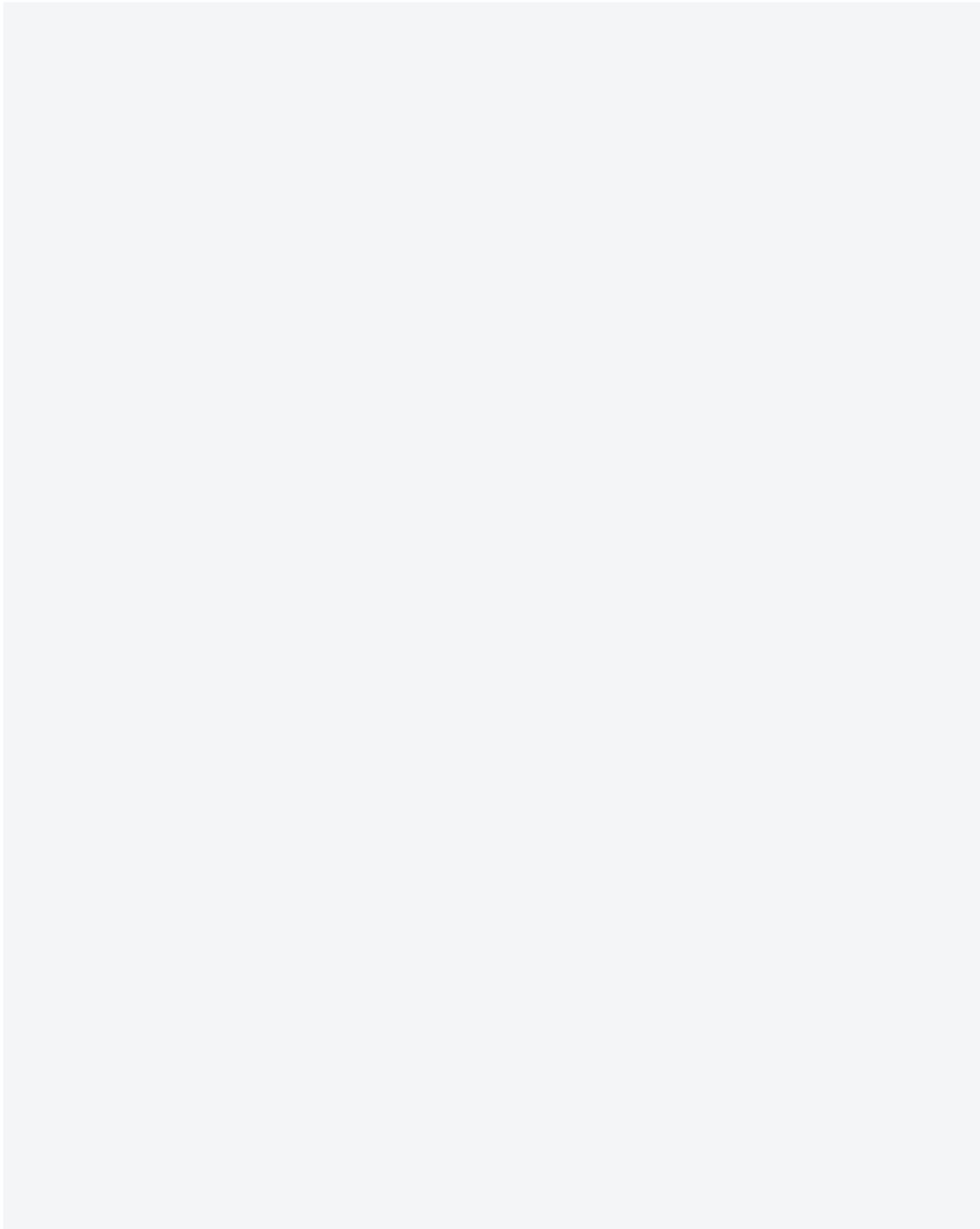
Do you have plans to create your own family? What do you seek in a partner and what can you give in return?



Visualise and specify your ideal social circle

Motivational speaker Jim Rohn famously said: “You are the average of the five people you spend the most time with”.

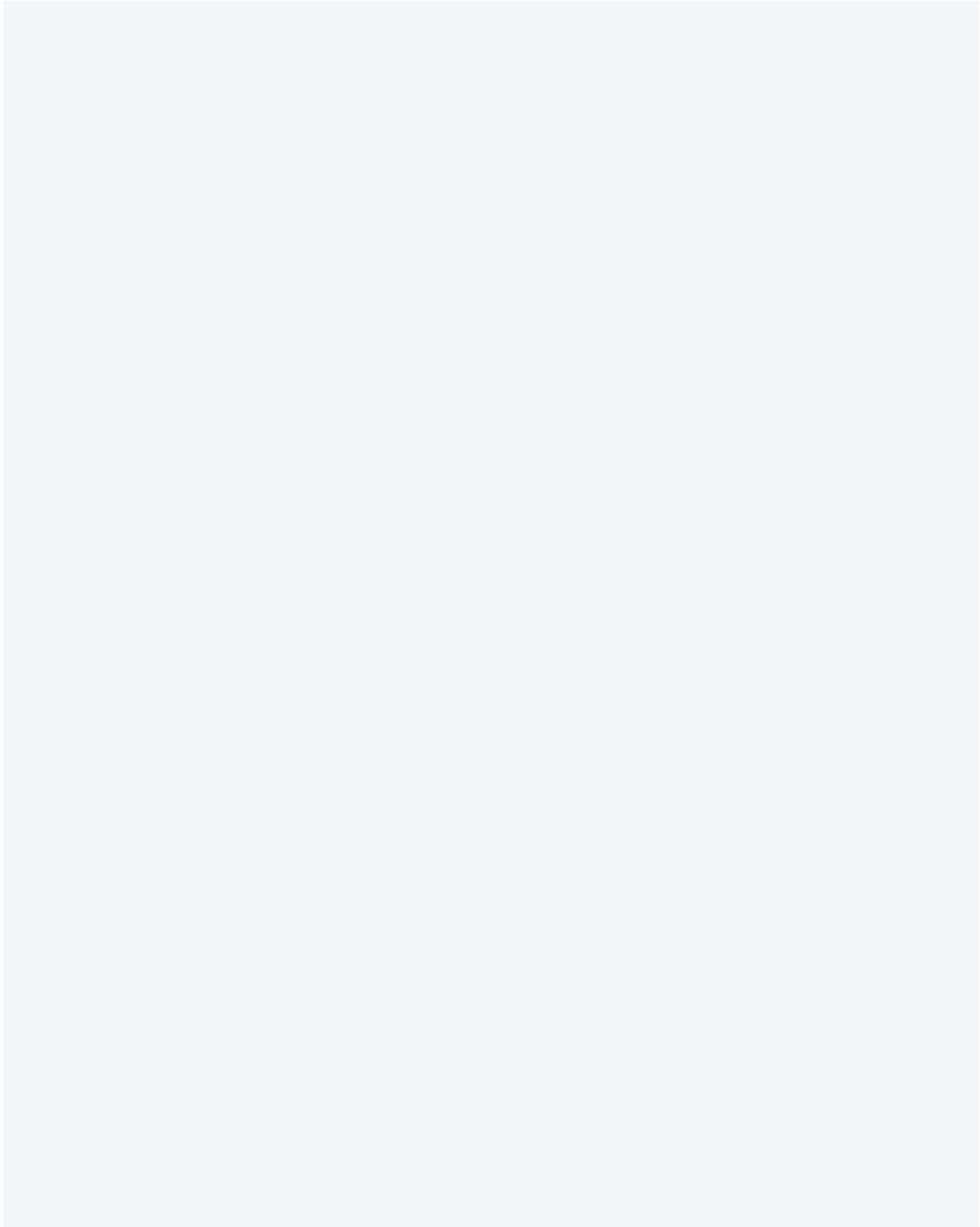
Having a healthy social network in your personal and professional life is a key ingredient to a fruitful life. Who are the people you would like to surround yourself with and what are they like?



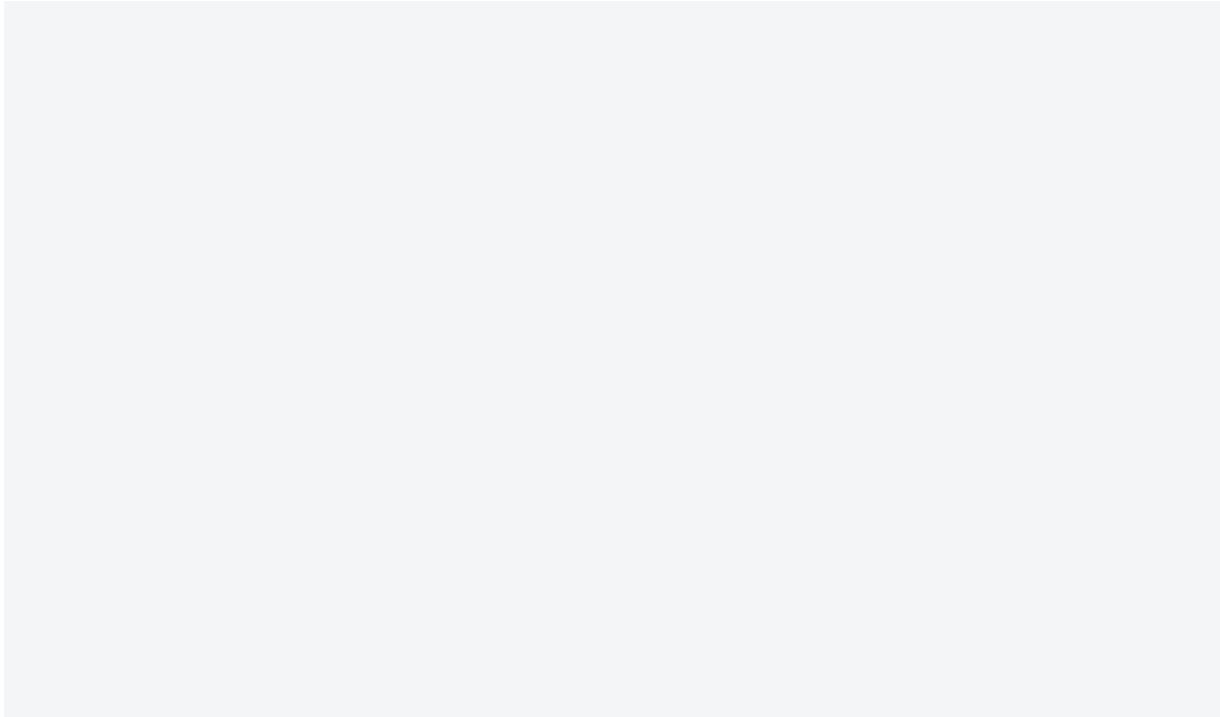
Visualise and specify your ideal professional life

A healthy professional life gives you a sense of purpose whilst creating security and fulfillment. Short and/or long term, what are your professional aspirations?

Do you want to leave or excel further within your current work? Do you want to pursue a passion or start your own business?



In your ideal future, how will you spend your free time in a more productive and purposeful way?



What qualities and characteristics does your ideal self possess?

If you're having difficulties with this question think of a few positive people currently in your life. What attributes and qualities do they have that you both respect and admire and would want to mirror in your own behaviour?

