

LETTER TO THE FUTURE

*“Talking to yourself can be useful. And writing means
being overheard.” Zadie Smith*



EVERY ACT OF MAKING MATTERS

Not sure what to write?

“What is best in life often comes into being by making-not-knowing.” Ann Hamilton

A *Letter to the Future* is a bridge, a boat, a plan. It trains your brain and your unconscious mind to look at who you want to be, what you want your business to be, and imagines success.

It starts like this...

“Dear _____, it is Jan 1, 2022 and as I look back over my year, this is what I did.

THE LETTER DOESN'T HAVE TO BE A LETTER!

You can make a bullet list of things you accomplished looking back at 2021.

You can make a letter to the future calendar and write the completion dates in.

You can incorporate it into your vision board with pictures tagged “I did it!”.

You can do it as a “mind map” with Jan 1, 2022 in the center.

To look at the future as if it has already happened requires a picture in your mind of having met your challenges, crossed the playing field to your vision, and now you are celebrating.

MAKE YOUR OWN NARRATIVE

- Was your life organized to make more power moves?
- Did you learn an important new skill?
- Who were the people most important to you?
- Did you experience a sense of purpose?
- What were the emotions that you felt?
- Did you reach or exceed your goal for 2021?

TOOLS YOU CAN USE



Standards of Integrity
– How did you live into them in 2021?



Life's Intentions- Did you stay on course, meeting your goals and timelines?



Four Boxes- Was there an opinion, belief, or structure of knowing that you were able to shift?



Were you on your **Qualities of Being** card when things got tough?



Did you read the **Green Lens** before talking with a client and have a great outcome?



Did **Numbers Tracker** show you the way to a higher income?

WAS THERE ONE OF THE SIX FORMS OF ENERGY YOU TOOK ON POWERFULLY?

1. Money
2. Time
3. Physical Vitality
4. Creativity
5. Enjoyment
6. Relationship

If you are not in coherence in all of these energies, now is the time to LOOK, SEE, TELL THE TRUTH and take Authentic Action. Write your letter about any areas of concern and outcomes as if looking backwards.

GET OUT OF YOUR COMFORT ZONE

When you write to stretch yourself, you build confidence. As you build confidence, the bigger your future can be imagined.

What are some power moves you can make in the next year? Write it as if *it has already happened and you are looking back on it*.

Sometimes when I read these letters, people are trying to tamp down what could happen. This is YOUR chance to write your own hero's journey. Write from the heart first and then the head.

USE ACTION VERBS



LISTED, SOLD,
BOUGHT



ENHANCED,
IMPROVED,
DEFINED,
ORGANIZED



LOVED, NURTURED,
EDUCATED.



STUDIED, SPOKE,
INSPIRED



REACHED, SOARED,
FLEW



PURSUED,
CELEBRATED,
EMBRACED

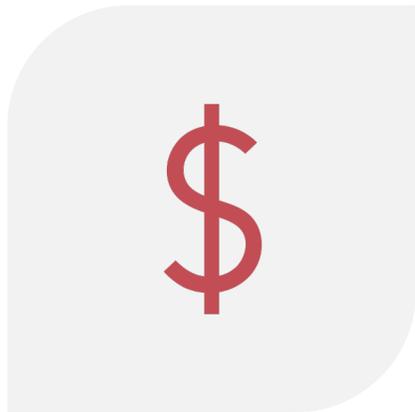


WON, OWNED,
STOOD

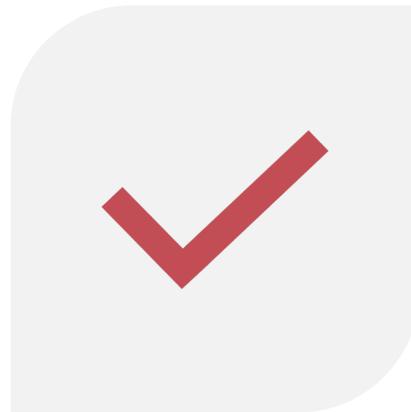


INCREASED, GREW,
BLOSSOMED

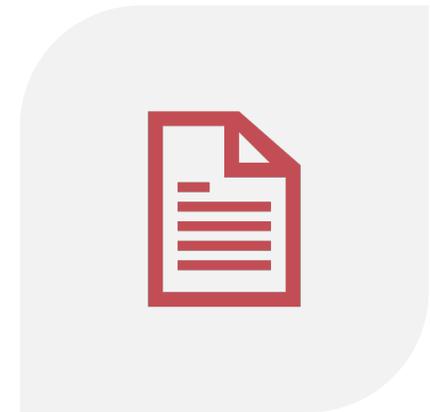
LOOK AT YES'S AND NO'S



HARD TRUTH- YOU ARE MAKING THE AMOUNT OF MONEY YOU ARE MAKING BECAUSE YOU HAVE NEVER TAKEN THE ACTION TO MAKE MORE.



EVERYTHING YOU SAY YES TO, EITHER SUPPORTS YOUR GOAL AND YOUR FUTURE OR SUBTRACTS FROM IT.



WRITE YOUR LETTER ABOUT WHAT YOU ARE BUILDING WITH YES'S AND WHAT YOU ARE LETTING GO OF.

YOUR FUTURE IS WAITING

Have fun with your letter.
After all you get to make
some good stuff up that could
come true because we are
creating focus by simply
imagining and writing it down.

Put the letter in your YCM
binder (there is a tab for it).