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POST-CRISIS RECONSTRUCTION PROTOCOLS

Future Self Visioning Template

This template is designed to guide you through Exercise 1.1: Future Self Visioning Journey, helping you create a rich, multi-sensory vision of your ideal future self.

Purpose:

To create a rich, multi-sensory vision of your ideal future self.

Instructions:

1.Preparation (5 minutes): Find a quiet space where you won't be disturbed. Have a journal or notebook and a pen ready. Take a few deep breaths to center yourself.

2.Guided Visualisation (15-20 minutes): Close your eyes and imagine yourself 1, 3, or 5 years from now (choose a timeframe that feels right for you). Imagine you have successfully navigated your current life changes and are living your most authentic, fulfilling life. Engage all your senses:

- What do you see? Describe your environment, your appearance, the people around you.
- What do you hear? What sounds are present? What are people saying to you, or what are you saying to yourself?
- What do you feel? What emotions are you experiencing? What physical sensations are present (e.g., comfort, energy, peace)?
- What do you smell? Are there any distinct scents?
- What are you doing? Describe your daily activities, your work, your hobbies, your interactions.
- Who are you being? What qualities, traits, and values are you embodying? How do you carry yourself? How do you interact with others?

3.Journaling (30-45 minutes): Open your eyes and immediately write down everything you experienced during the visualization. Don't censor yourself; just let the words flow. Be as detailed as possible. Use descriptive language. Focus on the identity of your future self – who you are, not just what you have.

Your Future Self Visioning Journal Entry:

(Use the space below or a separate journal/notebook to write down your vision)

What do you see?

What do you hear?

What do you feel?

What do you smell?

What are you doing?

Who are you being?

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