



Future Self Visualization Script

NOTE: The key to this exercise is to move more slowly than you think you might need to. Give your client space to really step into their visualization and take everything in.

I invite you to close your eyes. Take a deep breath. Stretch if you need to stretch. Just feel relaxed. Feel your feet on the floor. The way your body's sitting in the chair.

Imagine that there is an elevator door in one of the walls right here in this room. It appears and you get up and you walk toward the elevator. You open the door and inside there's a dial that you can move 10 years into the future with a big green button.

You move the dial and you press the button. The elevator slowly goes up into the air like Charlie and the Chocolate Factory. It goes up into the sky and you see the clouds, the landscape, the geography. As the elevator is slowly going up and up, you hear a slight pop.

The elevator is coming back down slowly, gently, 10 years in the future. It's coming down and it's going to land in front of the house where your future self lives. As the elevator lands, notice the landscape. Notice the surroundings.

You step outside the elevator. Take a slow spin around. As you walk slowly towards the front door, notice what color of paint the front door has.

You gently knock on the door. The door opens and your future self is so happy to see you and you look good. You're excited. Your future self welcomes you. "Come in. Comin in."

Notice what the house feels like. Notice the type of clothing your future self is wearing.

Your future self invites you in and you sit down. Your future self asks you how you're doing. Go ahead and tell your future self.

You have an opportunity to ask your future self some questions. You can ask, "what is the biggest thing that I need to learn?"

Ask your future self, "what's the biggest challenge that I'm going to have to face?"

Ask your future self, "what am I doing well? What is my present day self doing well right now?"

Ask your future self, "what do I need to improve?"

Ask your future self, "what message do you have for me?"

Ask your future self, “is there a nickname, is there a fun name that you can call your future self?”

Go ahead and ask your future self any question you want.

Now it's time. Your future self thanks you for the visit and invites you back any time you want. You stand up. Your future self walks you back to the door. You say goodbye. You go out and you see the elevator waiting for you. You go inside. Turn the dial back. You press the green button and the elevator slowly whirs. It goes up, up into the sky. You feel a pop and the elevator comes back down slowly, gently into this room. You open the door and come back. Go ahead and feel your feet on the ground. The way your body is sitting. Take a deep breath.

Take a couple minutes to write your notes.