

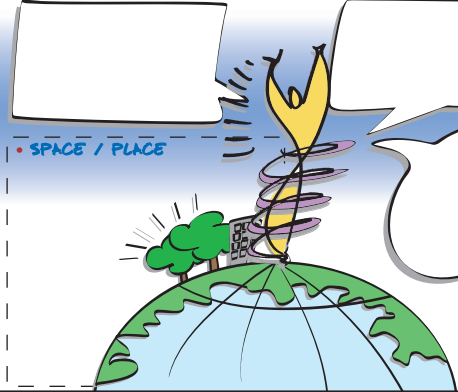
FUTURE SELF VISION

Visual Map & Step-by-Step Directions

FUTURE SELF VISION

• CHARACTERISTICS

• SPACE / PLACE



• DISCUSSION POINTS

• ADVICE ON DIRECTION AND NEXT STEPS

• GIFT


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The SHIFT-IT Visual Coaching Process®



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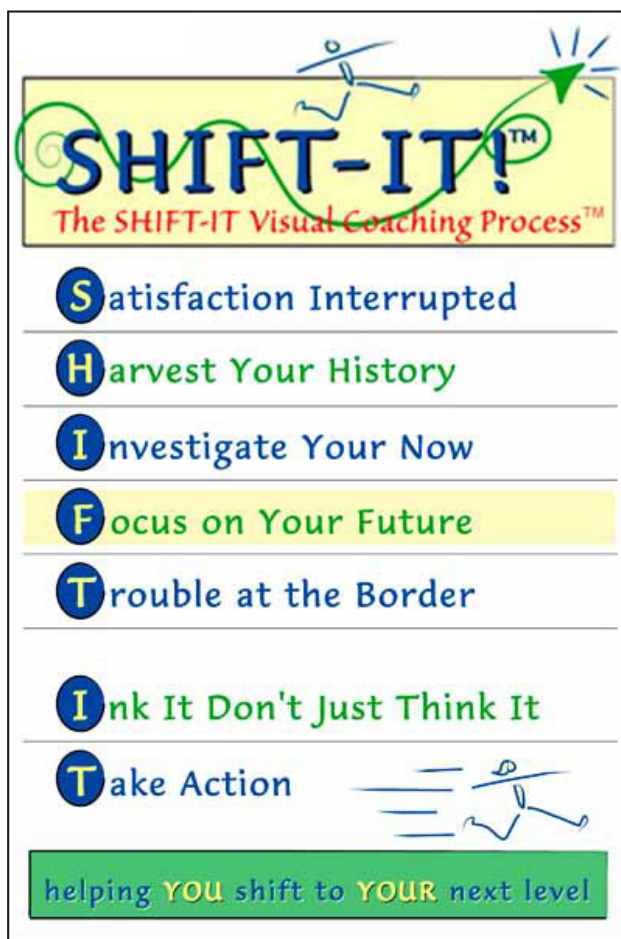
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THE SHIFT-IT VISUAL COACHING PROCESS™

This Merkley Map is part of a larger Visual Coaching process called SHIFT-IT.

SHIFT-IT is a seven-stage process to assist individuals in doing their own personal visioning and planning work. There are 17 visual templates in the process (called Merkley Maps®). These tools can be used in order, or separately to supplement other coaching or personal development work.

The Future Self Visioning exercise falls into: **Focus on Your Future.**



1. At the Crossroads

2-5. Life Maps

6. Catch & Release

7. Focus on Me

8. S.E.L.F. Inventory

9. Essential Extracts

10. Future Self Vision

11. Magnetism

12. Flip It, Flip It Good

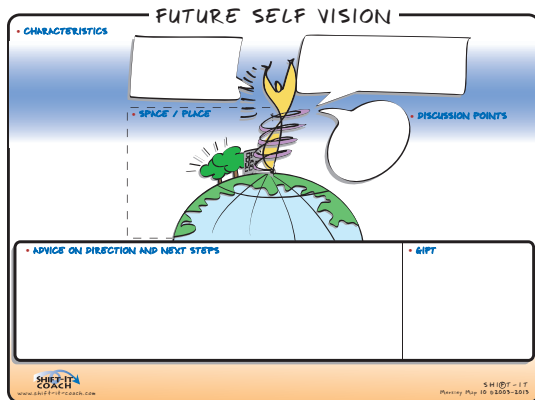
13. Inner Alignment

14. Archeology of Beliefs

15. Big Picture Plan

16. Take Action!

17. Declaration of Intention



Purpose of Map:

- To Find Your Own Answers About Your Desired Future.
- To Harvest Valuable Information For Your Personal Vision Statement.
- To Link You To A Valuable Internal Ally That You Can Use For Further Advice And Guidance As You Move Forward.

DESCRIPTION:

The Future Self Vision is part of the "Focus on Your Future" stage of the SHIFT-IT Visual Coaching Process.

This powerful exercise taps into the power of your unconscious mind to access important information about your desired future --- information that will eventually be woven into a Personal Vision Statement that will act as your central focus moving forward.

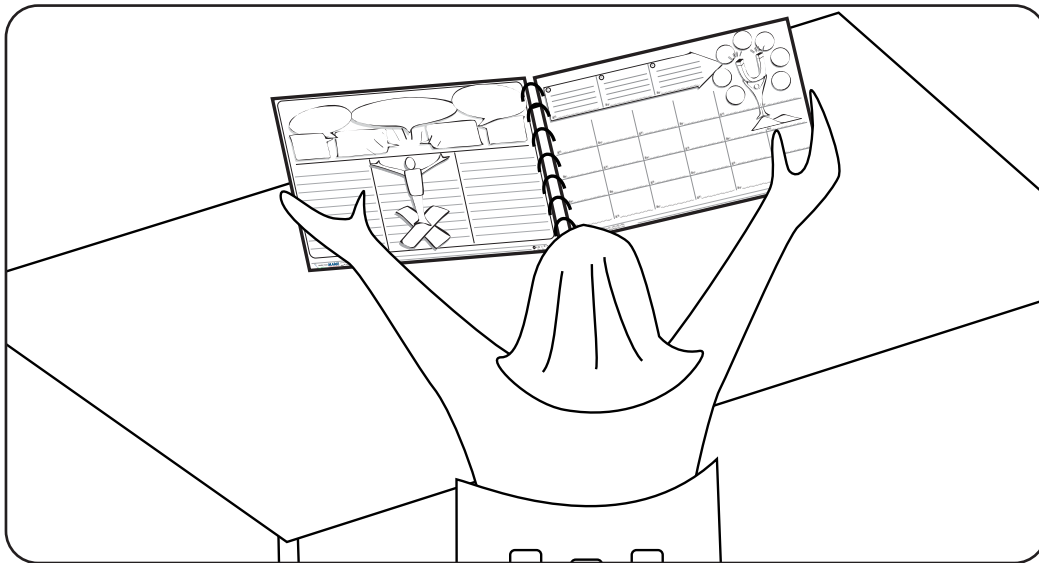
The Future Self is the part of you that exists in your Best-Case Scenario future. This is the future that exists for you where all has turned out well and where you have a life that is uniquely and perfectly suited to you. Your Future Self (FS) was once you, and as such, intimately knows your current situation (who you currently are and what you currently think and feel). Your FS has also been through the journey of manifesting your Best-Case Scenario future. It has manifested what you currently want. The wants are no longer 'wants' they are 'haves'. You FS solidly knows what it feels like to have what you desire and it knows the external steps and actions it took to get there ... as well as the internal beliefs and attitudes that needed to shift in order to allow that new reality to emerge.

The Future Self Vision will allow you to make contact with your FS --- to meet her or him and to interview them. Your FS will be waiting for you to arrive and will host you for a bit in their world. You will see your FS in action. What they are like. What their life is like. What they are doing. Who they share their life with. And, you will have an opportunity to have an in-depth conversation with your FS about you and your current life. You will receive guidance and encouragement from a person who knows you inside and out --- and who also holds a different reality than the one you are currently living.

CREATE YOUR FUTURE SELF MAP:

Quick Summary of Steps:

1. **Make Contact with Your Future Self**
2. **Gather Your First Impressions**
3. **Ask Questions and Receive Guidance**
4. **Receive Encouragement and Support**
5. **Receive Gifts**
6. **Say Goodbye and Return**
7. **Collect Overall Insights**



"Go Confidently In The Direction Of Your Dreams.
Live The Life You Have Imagined."

Henry David Thoreau

OVERVIEW OF MAP:

Characteristics:

List of characteristics of future self [weight, appearance, manner, age, attitude, tone etc.].

Quote Bubbles:

Main messages from your Future Self.

Discussion Points:

Notes from discussion with Future Self.

• CHARACTERISTICS

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Space/Place:

Description of where Future Self greets you from [geography? buildings? surroundings?].

Advice:

Advice from your Future Self [guidance, next steps, tips, suggestions].

Gift:

Description of gift received from Future Self.

STEP BY STEP DIRECTIONS:

BEFORE YOU BEGIN:

Set Aside 45 Minutes

Create a quiet space for yourself where you aren't likely to be disturbed. It is best to set aside at least 45 minutes to complete this exercise.

ASSEMBLE MATERIALS

You'll need your Future Self Vision template, this worksheet, as well as a pen.

USE PEN OR MARKER:

Using pens or markers as opposed to pencils is recommended, as ink will last longer than pencil (you may want to preserve these maps for a while).

A NOTE ABOUT GUIDED VISUALIZATION & AUDIO:

The Future Self is an imagination exercise. In my practice, I usually lead my clients through a guided visualization process ... using my voice to guide clients step-by-step through their imagination. Eventually I will have a guided visualization that you can access via my website (as an audio download) to assist you in making contact with your Future Self. Until then, here are some written notes that will guide you in this process. Simply read through them and then use your imagination --- trust yourself to easily make contact with your Future Self and to easily gather information.

STEP 1: CONTACT YOUR FUTURE SELF:

Make yourself as comfortable as possible. Sit upright and plant your feet on the floor and allow your hands to find a relaxed position. Close your eyes and take a few deep breaths. While breathing in, imagine taking in rest, relaxation and calm. And while breathing out, imagine letting go of stress, thoughts and tension.

Continue with these deep breaths for a few more in and out cycles. Notice any sounds or sensations ... and let them be ok. Just allow them to be recognized and then dropped. You may have outside noises from traffic, people or other things. That is ok. Just notice them and allow them to be. Same goes if the phone rings or you are otherwise interrupted. Just allow things to happen and go back to your breathing and your relaxed state. If you notice any tensions or feelings in your body, allow those to be noticed and to drop away as well. If you need to shift your body, to be more comfortable. Allow yourself to find a comfortable position and settle into that place.

Determine the Time Frame for Your Future Self:

Now, think about how far in the future you would like to go to access your Future Self. This may be the same time frame that you chose to use for your Essential Extracts work, or it may be a different time frame. Whatever it is, choose the time that feels right to access your Future Self. Your FS may be very close in time (like a few weeks or months in the future), or your FS may be further away in time (like several years or decades out). It may also feel right to access your Future Self who is in your later years, perhaps even close to the end of his or her lifetime and who has that lengthy perspective to draw upon.

Take a moment now to write that date or year somewhere on your Future Self template (that first line on the characteristics section is a good place).

A Note About 'Using Your Imagination':

You may feel like you are 'making it all up' --- and that is ok (as whatever you make up will be unique to you and will have value for what we are doing). You may opt to have someone read you these notes or to do these instructions by yourself. Either way is fine. It is also fine to go back and forth between reading the notes and closing your eyes to access your imagination. You will be able to access plenty of information either way, so just go with whatever you are able to do.

Take a Time Travel Trip:

Now is the time to really tap into your imagination – just like you so naturally did when you were a kid. I want you to imagine some sort of time travel machine, contraption or ability. It might be an actual machine of some sort (like some sort of sci-fi vehicle), or it might be something like a magic carpet or a magic telephone booth (any Dr. Who fans out there?). ... Or, an ability, like Jeannie in the I Dream of Jeannie T.V. series (where she had a magical nod), or Samantha in Bewitched (with her little nose wiggle). Whatever you imagine, this thing will enable to you move forward in time ... to the time and space location of the Future Self that you have decided you want to contact.

You may have actual pictures in your mind of this, or you may just have a felt sense of some sort. Or nothing at all ... just go with what emerges ... you CAN'T do this wrong.

Move Forward in Time to Your Future Self:

Now that you have your transportation vehicle or ability figure out, it is time to engage it. Slowly but surely imagine yourself taking off from your present time and location. You might imagine yourself floating up above your 'Now' self and slowly but surely moving ahead in time. Perhaps with the land moving quickly below you. Or feeling yourself up in the clouds. Or like in an airplane. Whatever it is, just feel yourself moving slowly but surely towards your Future Self who resides in your Best Case Scenario future. You might want to count the seasons, or years, as they progress. Counting yourself up to the date that you have selected.

Imagine that your Future Self is well away of your arrival. In fact, he or she has been anticipating it for years and has been preparing for you. They will be ready to greet you as you land in their time and place.

When you are ready, find yourself coming into a landing, into the time and place of your Future Self. Sense that they are there, eagerly waiting for you. Ready to greet you and welcome you and have a good deep chat with you.

Come down for a landing to your Future Self. Sense yourself landing down right in front of your Future Self. If you are in a vehicle, disengage yourself from the vehicle, you will be able to easily return to it when you are ready to.

Allow yourself to see or feel the presence of your Future Self. You may actually be able to see and imagine her or him quite clearly in your mind's eye ... or, if you are like me (a kinesthetic learner) you might just kind of feel them being there. You might just get auditory answers to the questions you are about to go through to. That is great. Just allow your answers to pop up however they want to. Again, there is no right or wrong way to do this ... only your own unique way.

STEP 2: GATHER YOUR FIRST IMPRESSIONS:

Upon landing, taking a moment to gather your senses and find your Future Self. He or she is there. Just trust that. You may see them right away. Or you may just sense them. One nice trick is to look down at that ground in front of you and start to see some shoes or footwear coming into focus. What type of shoes do you see? Walk your eyes up the shoes to the leg. What kinds of legs do you see? What kind of clothes? And then, move your eyes all the way back and take in the full sight of your Future Self. She or he has been waiting a long time to meet you like this. Feel their enthusiasm and love and support of you. Perhaps your Future Self would like to hug you or greet you in some personal way. Do whatever feels right for you. Bask in the glow of meeting a happy and satisfied Future Self who is thrilled to meet you.

Characteristics:

Now that you have made contact with your Future Self take a moment to gather your first impressions of him or her. What do they look like? What kind of clothes are they wearing? What feel or aura do they give off? What is your sense of your FS? What kind of person do they appear to be? What adjectives (description words) would you use to describe them?

Take a moment to list these characteristics out on your template (or wait until the end of your imagination exercise to do so).



Place / Space:

Your Future Self lives in a particular place and space. Where have they met you? What does it look like? What is its geography? Are there any buildings or structures around? If so, what do they look like? Do you know where you are?

Your Future Self may meet you in one location and choose to transport you or invite you to another location. Sense what your Future Self would like to do and follow suit. If you go to another location where is it? Perhaps it is comfortable for you to sit down and privately talk with one another? Perhaps it is your future place of work or business. Whatever it is, just note what it looks and feels like to you and what its purpose is.

Note the Space/Place answers on your template.

Name:

After being greeted by your FS and after receiving its heartfelt welcome, take a moment to ask your FS what name it would like you to call them by. It may be your own name. Or it may be some sort of nickname or other 'handle'. Take a moment to sense how your FS would be preferred to be called by you.

Again, this is good information to put on your template (either now or after you have completed this visit).



"The Universe That Is Responding To You Does Not Know Or Care, Or Distinguish In Any Way, The Different Between The Vibration Of Some Fact You Are Living, Or Something You've Imagined, Or Something That You Are Remembering. In Other Words, Vibration Is Vibration."

Abraham-Hicks

STEP 3: ASK QUESTIONS AND RECEIVE GUIDANCE:

Now that you have settled into the location that your Future Self has arranged for the two of you to be in ... take a moment to settle in and make yourself comfortable. Your FS may offer you a beverage or snack of some sort. Or put on some music or do other things to make you both comfortable. Just take note and enjoy.

Begin Your Discussion:

When you are settled you can begin to talk one-to-one with your Future Self. Note that there may be other people around. Feel free to be introduced to them. And feel free to have them around you when you talk. Whatever feels right to you. When you are ready, begin to talk with your FS. Hear (or feel) what they do. Do they begin the conversation, or do they wait for you to? If they begin it, what do they say to you? If you begin, just say whatever feels right to you to 'get the ball rolling'.

Discussion Points:

You Future Self may spontaneously share information with you and you may also ask whatever questions you have of them. Your Future Self has been you. Only they have progressed, in a really great way, from where you currently are. He or she has great empathy and understanding of you and perhaps a good deal of humor about you and your situation too. They are like a best friend, who truly knows you and likes you ... very much so.

Be sure to gather the main points of your conversation in the 'Discussion Points' section of your template.



Receive Advice on Direction and Next Steps:

Enjoy your conversation with your FS and be sure to ask whatever questions you have.

- **What Has Your FS Manifested?** _____
- **What Is Their Life Like?** _____
- **How Do They Spend Their Time?** _____
- **How Do They Generally Feel?** _____
- **What Is Their Regular Mood?** _____
- **Your FS Has Been Through A Journey To Get To This Reality:** _____
- **What Have They Done?** _____
- **What Steps Have They Taken? Risks?** _____
- **What Sacrifices Did They Make? Decisions?** _____
- **What Came Easily? What Was A Breeze?** _____
- **Who Assisted Them Along The Way?** _____
- **What Internal And External Resources Did They Draw Upon?** _____

Take a moment to hear from your FS what their route has been like. The hard work. The perseverance. Perhaps the 'miracles' and synchronicities that helped them, just when they needed help.

Your FS understands your situation because they have lived it. They have also lived your next steps and your steps beyond that. What guidance does your FS give you about your direction and next steps? What actions do they advise? What people do they give you 'thumbs up' or 'thumbs down' on? Ask your FS whatever you want to. Listen and hear what they say in return. Sense their answers.

Record this valuable information on your template in the 'Advice on Direction and Next Steps' section (again, either now or when you finish your visualization).

"But The Key That You Are Always Wanting To Hold Is:
Wherever You Are Looking, Past, Present Or Future – You Are
Wanting To Look For That Which Feels Good When You See It.
Because All Of Your Power Is In The Now."

Abraham-Hicks

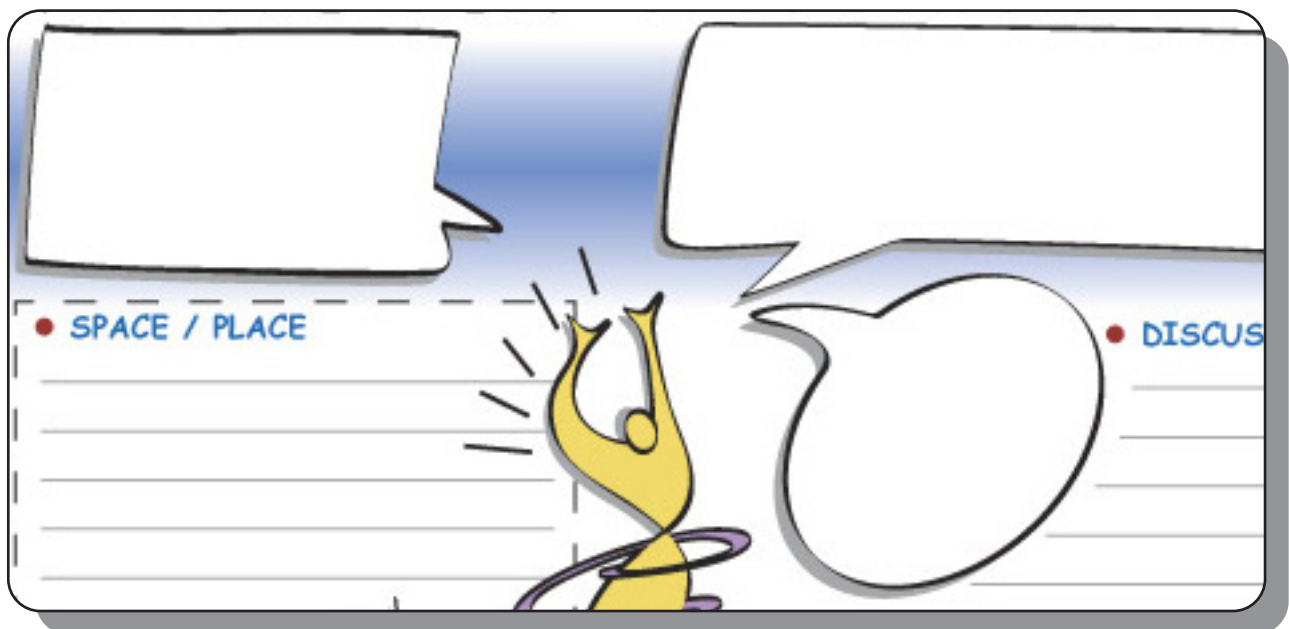
STEP 4: RECEIVE ENCOURAGEMENT AND SUPPORT:

Your FS probably has some really pragmatic and 'nitty gritty' stuff to share with you. It knows what you need to do and be. And he or she is very happy to share this valuable information with you. He or she wants you to succeed and wants you to have an easier time of it than they did. How lucky you are to benefit from their experience. Your FS also has tremendous empathy and compassion for you. Take a moment to feel that support. He or she encourages you. They know that there will be trying times and moments. That you will have up days and down days in your process.

Your FS wants to give you some words of encouragement that you can come back to when you will need to in the future. Hear what you FS has to say to you. What words, phrases or sayings do they want to give to you.

Your template has a section to record this powerful and 'unique for you' information (the three big quote bubbles) ... when you are ready to, be sure to record your FS's encouragements.

You will be grateful for them in the future, when you need cheering up and fortitude. These words will have a healing or empowering effect on you, whenever you see or hear them. They will get you through the tough times into better energy and thinking.



STEP 5: GIFTS FROM YOUR FUTURE SELF:

Beginning to wrap up your conversation, there are just two more things to do. A chance to release any blocks you might be carrying and to receive any gifts that you FS may care to give you.

Receive Gift:

As you prepare to leave, you may sense that your FS wants to give you a parting gift. It might be something literal, like a real, tangible present. Or it might be a quality, attitude or ability. Your FS knows what would be most helpful to you at this point in time. It may also be that it is not necessary for you to receive a gift ... or that your visit is gift enough. Take whatever comes or doesn't come. And, if you want to give your FS a gift too, by all means do.

If you receive a gift, there is a place to record it on your template.

	_____ _____ _____
	GIFT _____ _____ _____ _____ _____ _____ _____

"Yes, I Am A Dreamer. For A Dreamer Is One Who Can
Find His Way By Moonlight, And See The Dawn Before
The Rest Of The World."

Oscar Wilde

STEP 6: SAY GOODBYE AND RETURN:

When you are ready, your visit with your FS will come to a natural close. Say and do whatever you need to bring closure to your visit — knowing that now that the connection has been made, you will be able to access your FS whenever you need or choose to.

Allow your FS, and anyone else present, to say their goodbyes to you. Feel the support and encouragement directed towards you and your path from all present. Take in any hugs, handshakes, slaps on the back, high fives or whatever else is natural for the moment.

When you have completed your goodbyes, find yourself turning around and being lead back to the place your first arrived at. And, if you came via a vehicle, returning to it.

As you leave the time and place of your FS, find yourself slowly but surely coming back in time. Perhaps the months, seasons and years begin to count backwards. Perhaps underneath you. Or in a swirl. Or nothing at all. However you do it, let you subconscious and your imagination slowly guide you back in time. Making movement towards the time and place of your current self. When you are nearing this time, find yourself coming in for a landing. Perhaps like an airplane, or an elevator coming down to a lower floor.

Become aware of your current self. Of your body sitting on the chair. Of the noises and sounds that surround you. Perhaps aware of the temperature of the room you are in. Feel your feet on the ground. Feel your legs and your arms. Begin to wiggle your toes and your fingers. You may need to yawn or stretch a bit. And, when you are ready come back to your now. **COME BACK TO YOUR CURRENT TIME AND PLACE, REFRESHED, RELAXED AND AWAKE.** Able to access and remember everything that occurred in your Future Self visit.

When you are ready ... open your eyes. Stretch. Take a moment to collect yourself. Then, if you haven't already, fill out your Future Self template. Collect your information into the different categories of the template. Not worrying so much where things 'need' or 'should' go, but just recording the data down. Quickly. Easily. And with enjoyment. You had a good time with this experience.

Take the time to note what occurred. This information will be very valuable as you continue on with the SHIFT-IT Process and construct your Personal Vision Statement.

STEP 7: COLLECT OVERALL INSIGHTS:

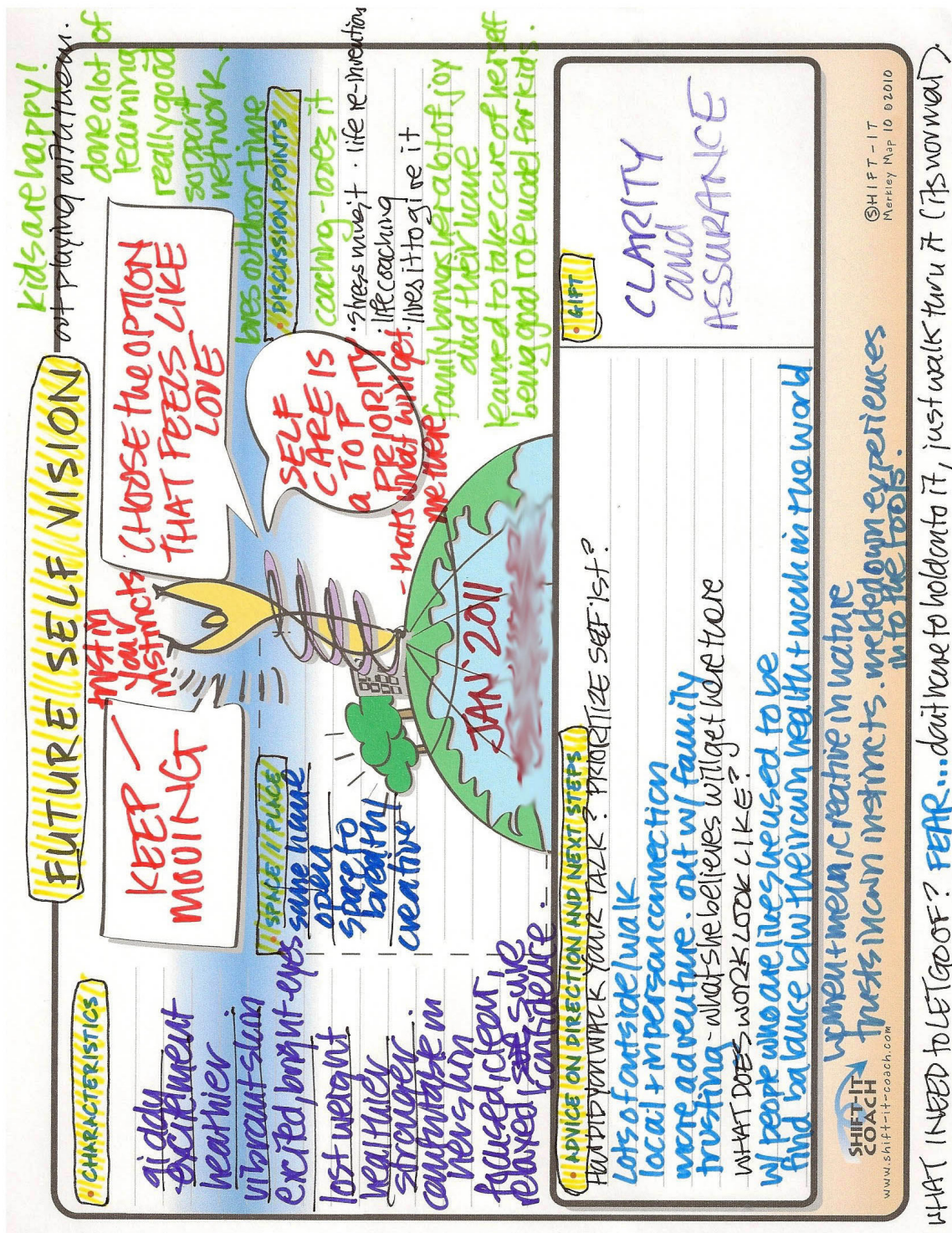
After completing your FS template, step back and consider the overall experience. What did you think of this experience? What were your main insights? What did you learn? Come to SEE? What do you take away from meeting your Future Self?

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CASE STUDY:

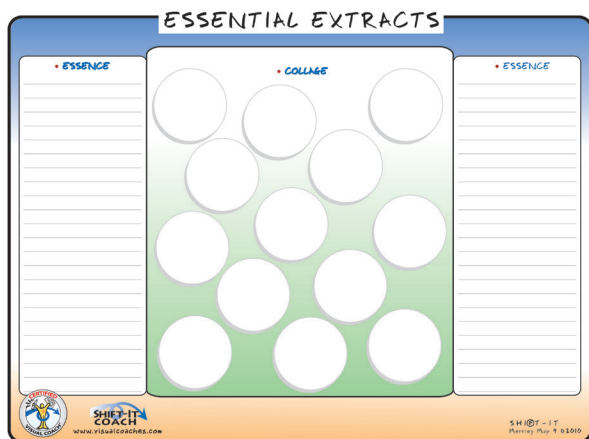
Case Study: Future Self Vision

A Future Self Vision Map from a successful American life coach ... meeting the future version of herself who has taken her work and life up to the next level in terms of enjoyment, pleasure, prosperity, passion and purpose.



NEXT STEPS:

Previous Move:

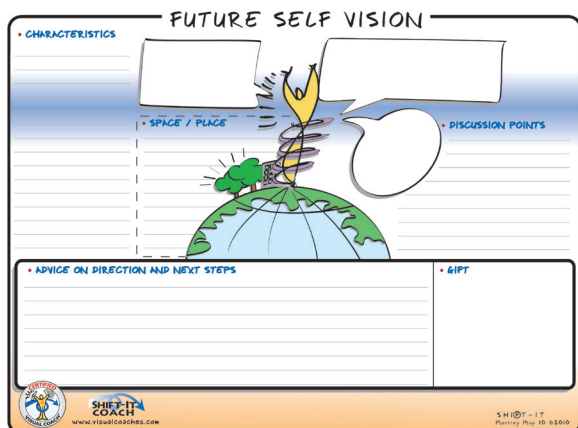


ESSENTIAL EXTRACTS:

Focus on Your Future ---

Begin to build your Personal Vision. Discover the essence of what you really want. What you like and what makes you feel really good. Bypass your rational, skeptical mind and tap into your intuitive, subconscious wisdom.

Current Move:

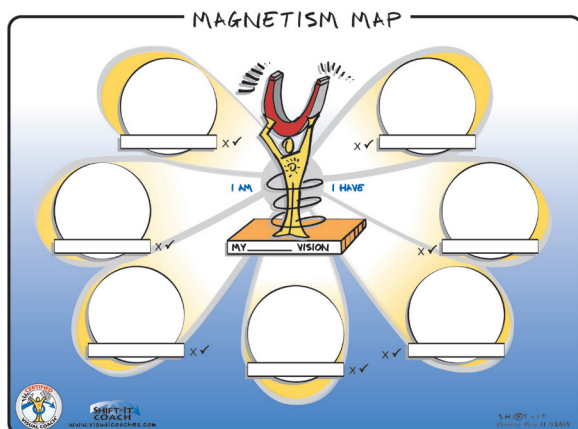


FUTURE SELF VISION:

Focus on Your Future ---

Align with a powerful inner ally ... your Future Self. Create a link to an internal resource that you can continue to consult and seek guidance from. Receive powerful information about your best-case scenario future and what you really, really want. Get advice from the best person to give it – you!

Next Move:



MAGNETISM MAP:

Focus on Your Future ---

Pull your vision components into a powerful, focus-magnet: your Personal Vision Statement. Create concise, clear, focused statements about your desired future. Test your ability to 'allow' your Vision. Learn tips to speed up manifestation.

PRESERVE YOUR INSIGHTS:

You have taken the time to do this deep and thoughtful work ... so be sure to preserve it for ongoing and future reference.

Create a SHIFT-IT file folder or binder to collect and keep your notes and manuals.

If you are working through the full SHIFT-IT process, each Merkle Map will become a page in your Visual Coaching report. Simply work through all 17 templates in order, then staple them together. For more lasting preservation, go to your local stationary or office supply store and have them bound together into a formal report (with a clear (transparent) front cover and a sturdy, cardstock, back cover). Or scan your maps into digital files that you can save and share.

SHIFT-IT is an ongoing experience that you may wish to do again and again. Preserve your early experiences so you can compare with your later ones: witness your changes and progress and more clearly see the evolutionary flow of your life.

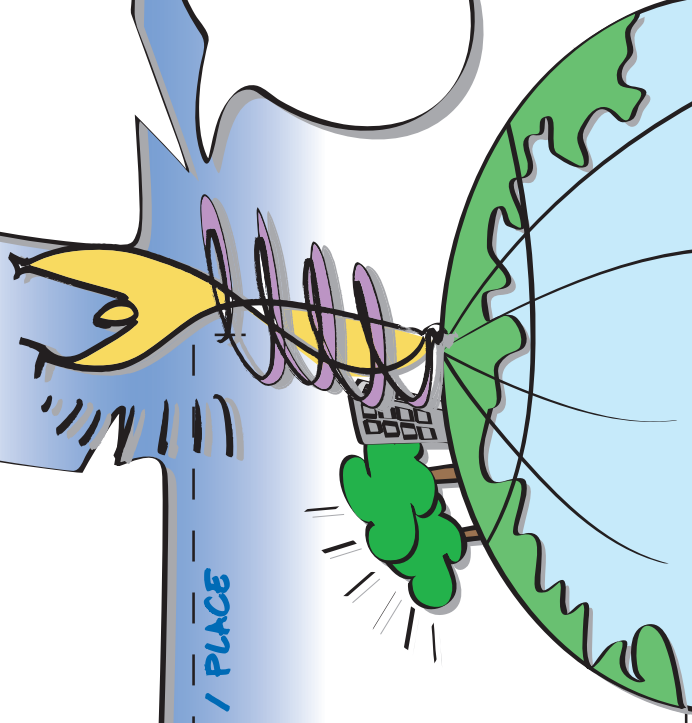


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• ADVICE ON DIRECTION AND NEXT STEPS

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