

*Notes for facilitators: Speak in a calm, low, assertive voice throughout the visualization. If some girls start to get too giggly to the point of disruption, pause and remind the group to hold the silence.*

### **Intro for Girls**

We wished we'd been able to see a positive future for ourselves—and who we'd become—when we were younger women. It would have saved us some heartache and motivated us to achieve our goals. Now you're getting that chance. If you're not into this next exercise, that's OK. Just stay quiet out of respect to the rest of the girls and me. Can we all agree to do that? (Raise your hands.) Also—we know you love each other☺—but please don't touch each other or invade each other's space during the exercise. We've done this with thousands of girls, and they loved it. We hope you will too.

### **Future Self Inner Journey**

Close your eyes and pay attention to your breathing. Put your hand on your stomach as you feel your breath go in and out. (Now would be the time to get any giggles out—it's OK!) Now, with each breath, you will become more relaxed. Allowing your stress to leave your body, you realize that you feel completely comfy and safe.

[Say this next line assertively, this is usually when girls settle in to the visualization]

As you start to feel a sense of deep relaxation, picture yourself standing before a peaceful lake or pond. Drop a pebble into the center and notice the water rippling out. As the ripples flow further out and eventually slow down, the water once again becomes quiet and peaceful and so do you.

Now standing on the edge of the body of water, imagine that there is a light right between your eyes. What color is the light? Picture that light as a bright beam that extends out into space. To start your journey, follow the beam as it leaves this building and travels up into the sky.

As you shoot further into space, take a minute to notice the beauty of the Earth below—the crystal blue ocean, the serene white clouds. Allow yourself to enjoy this perspective for a moment.

Once in the vastness of outer space, you'll notice a nearby light beam of a differing color. Letting go of doubt and fear, follow that beam back down to the Earth.

The beam has led you to a time 5 years from now, where your Future Self lives. As you arrive at your Future Self's dwelling, take a moment to notice your surroundings.

[PAUSE 10-15 seconds between questions to allow girls to build out their vision]

Where does your Future Self live?

Knock on the door—you're about to meet your Future Self. As your Future Self opens the door, take a good look around.

What does she look like?

How does she carry herself?

What's the inside of her place look like? Is anyone else there?

Now you get to have a conversation with your Future Self. Start off by asking what her life is like today. Ask her:

What are you doing with your life?

What do you love about your life?

What do I need to do to get where you are?

How do you respect yourself?

Now tell your Future Self one thing that is really bothering, hurting or worrying you right now...

And ask her:

How did you overcome this challenge or heartache?

Next ask her:

What is something special you know about me that I need to remember?

How can I learn to love and appreciate myself?

What is *our* purpose?

Finally, ask her to tell you one word to remember when you're feeling down or you need support to keep going toward your goals. What is that word? Remember it.

Thank your Future Self for sharing her wisdom with you. Give her a big hug.

Now turn to leave. As you exit through the door of your Future Self's house, you will find yourself entering this room. Before you shut the door, turn back to take one more look at your Future Self.

When I count to three, you will be refreshed and ready to remember everything about your inner journey.

Three... coming back to present time, feeling more alert....

Two... stretching your body, feeling the ground beneath you...

And one... opening your eyes, refreshed and alert.

## Future Self Follow-up Activities

The Future Self visualization is a powerful tool that allows girls to envision and design the life of their dreams. Through journaling and discussion, the tool can have added impact as participants begin to think about real-life application for their visions. Below are some ideas for Future Self follow-up activities:

- **Duos:** Upon completing the Future Self activity, ask girls to pair up in twos and share their visions with each other. Let them know it's OK to add on to their vision and design their Future Self even more. Question prompts can include: What was your Future Self's purpose? Where did she live? What advice she have for you? What was your special word?
- **Share:** Have girls voluntarily share with the group what their Future Self was doing and the one word she told them. After have girls acknowledge the volunteer in some way—like our popular WHOOSH!
- **Passionista! Coaching:** As a companion tool to Duos, the girls can also coach each other toward setting S.M.A.R.T goals ("Specific, Measurable, Accountable, Resonant, Thrilling!"). Passionista Coaching is all about listening with curiosity and asking Juicy Questions that ultimately reveal what the girls are passionate about. Like: What's one thing your Future Self was doing that excited you? What is one thing you can do today to get there?

For girls, this can be about setting one small immediate goal to get them another step closer to their Future Self. For instance, an aspiring writer might vow to take a half-hour to jot down a poem or visit a new section of the library. After setting S.M.A.R.T goals, each girl makes arrangements to check in with the other about goal completion. It's all about accountability and small steps toward a big future!

- **Journaling:** It may also be helpful to hand out a worksheet with journaling questions that will allow girls to more deeply explore their Future Self:
  - Describe your Future Self. Where did she live? How did she look? What were her qualities? How was she different than

the person you are today? Was there anything surprising about your Future Self?

- What advice and guidance did your Future Self have for you? How will you apply it to your daily life today? How can it help you fulfill your passions and goals?
- What word did your Future Self tell you? What significance does this word hold for you? How can it help to shape your future in a positive way?
- Write a letter from your Future Self to you in the present day. What advice and info does she have for you?
- What is one thing you need to now to get to where your Future Self is?