



Ideal Self

- 🔥 Identifying your Ideal Self at various times in the future gives you benchmarks that help you to achieve your long-term goals.
- 🔥 Having interim goals allows you to more easily create action steps that you can do now.
- 🔥 It's important to define who you want to be and what you want to be doing at each step along the way.

Application Question/Activity:

1. What you've defined so far is:

Me Now > Far Future Self

Now it's time to set some interim visions that will get you to your final, wonderful future. Depending on how old you are, define these:

Me Now > Me in 10 years > Me in 20 years > Me in 30 years > Far Future Self

2. Now, let's get a clear picture of what needs to happen in the near future. Determine your ideal self at these times:

Me Now > Me in 1 year > Me in 2.5 years > Me in 5 years

Keep in mind that you are creating clear pictures of a series of accomplishments that will lead you to your final Far Future Self. Each step builds upon the last and supports your final goals.