

Email from the Future

ESTIMATED TIME

30-45 minutes + session discussion

1 What Is It?

The future is never certain, but just as a business without a plan is just a wish or hope, a well-managed self without an end in mind is setting off without a roadmap, a compass or even a destination. Emails from the Future allow you to take time to project yourself forward and envision what you want to be writing and saying about your career, life, focus and happiness in the future. This is not a plan, but it is the step you take towards building an objective and direction.

2 Why Use This?

Emails from the Future allow you to consider the broader direction of your travel, and whether you have a destination in mind or not (and that is OK too). You may want to develop different life/work scenarios and consider how your future may be.

3 What To Do?

Draft three future emails in a chronological chain to update me on a consistent set of your news, from three different projected times. Be consistent in the topics you update me on, and write in the present tense, from the future.

1. What have you just finished doing that was a real highlight for you?
2. What was the major change in your personal circumstances, life, health or well-being?
3. What are you looking forward to doing - something you are about to start next?

Write your three future emails

Move forward in time: 6 months, 1 year, then 3 years from now.

1 6 months from now

FROM: _____ TO: _____

DATE: 6 months from now

Dear _____,

I am emailing you to let you know how I am doing...

2 1 year from now

FROM: _____ TO: _____

DATE: 1 year from now

Dear _____,

I am emailing you to let you know how I am doing...

3 3 years from now

FROM: _____ TO: _____

DATE: 3 years from now

Dear _____,

I am emailing you to let you know how I am doing...
