

LETTER FROM THE FUTURE TASK

Hey peeps!

Bring it back to your WHY...

This task comes in 2 parts:

Firstly, I want you to take 30-60 minutes to just sit and think about your WHY. Why are you running this business? What is the intended outcome for you? Better work/life balance, being your own boss, providing a better future for your family, making a tonne of money doing what you love....? Just sit (again with a favourite beverage if you need!), distraction free, and imagine all the opportunities this business will open up to you. You could re-listen to the visualisation MP3 if you think this might help you.

Then you need to get out pen and paper.

This task should take about 20-40 minutes. Following on from your “sit and think” session, either immediately or soon afterwards (within a couple of days ideally), I want you again to find some time for yourself, distraction free, no TV, no phone, no people talking to you (business-meeting-for-one afternoon tea at a café is highly recommended if you can manage it!), to sit down with just a pen and a few sheets of paper.

You are going to write a letter to yourself, from the future.

Date the letter 3 years from now, and start with “Dear (your name), I just need to tell you about the amazing year I’ve had” then fill your pages with everything you have accomplished. Go into as much detail as possible, including the goals you achieved and how you did it, any awards or competitions you’ve won for your work, your rich and fulfilling home life and anything else you can think of. Have fun imagining what’s possible. Read over your letter once or twice then put it away for 6 months.

You’d be surprised at how powerful this task is. When it comes time to re-read your letter, I bet you’ve smashed most of those things out of the park.

