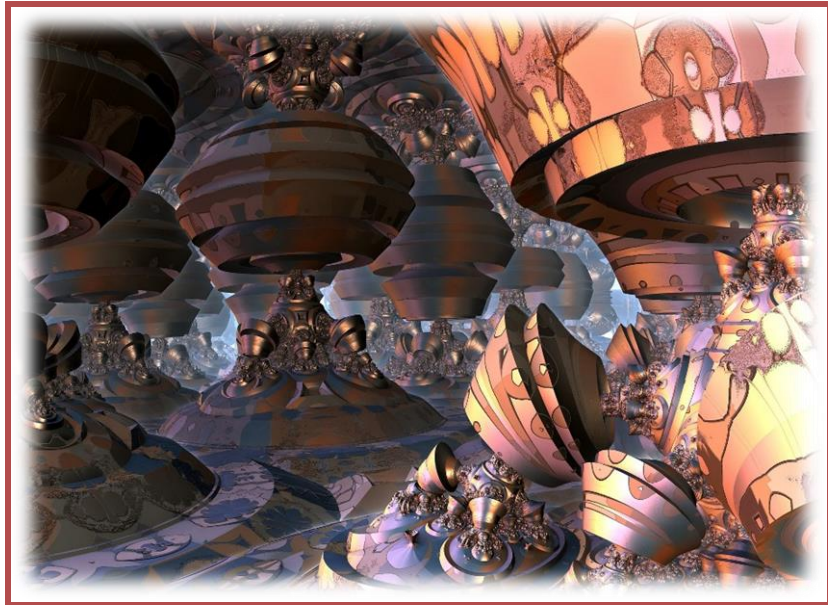


# Looking Ahead to the Future

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Journaling Guide

Susan Knight

# Welcome!

**Looking Ahead to the Future** is an opportunity for you to step away from the worries and constraints of today, and spend some time dreaming about tomorrow.

What will life be like? What will you be like? Allow your imagination to take you wherever you wish to go.

Have fun working through the 7 journaling prompts in this guide. Remember: there's no right or wrong, so don't hold back! Express yourself however you like, in any manner that feels right to you.



Wishing you happiness and wellness on your life journey.

Susan Knight

[TakeHoldOfWellness.com](http://TakeHoldOfWellness.com)

# Looking Ahead to the Future

## Reflection

Thinking about the future is more than just a fun pastime; it can be a real eye-opener, too. How do you envision your future? Is it vastly different from your current reality?

Life is filled with responsibilities and concerns that need to be dealt with in the here and now. It's easy to find yourself consumed with all the immediate issues you have right in front of you. Thinking about the future allows you to momentarily step away from your present concerns, so you can give attention to dreams and goals you might ordinarily push aside.

Looking ahead to the future can also get you more attuned with the big picture of your life. As you reflect on where you want to get to, you can begin to determine the sequence of steps needed to take you there.

## Journal Prompts

What would you like your life to look like 5 or 10 years from now?

If you could travel into the future, how far into the future would you go and what would you like to see?

If you could only bring 3 things with you as you travel into the future, what you bring?

What is a dream of yours that you would like to see fulfilled in the future?

If you could have 3 questions about the future answered for you today, what would those questions be?

When you think about the future, what are the things that make you feel optimistic? What are the things that make you feel pessimistic?

Imagine yourself 10 years from now – what are you like, and what is different compared to who you are today?

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*Many of our dreams for the future – including those that seem far-fetched or perhaps even impossible – have the potential to become reality, if we start laying the foundation today.*

