

EXERCISE 4

THE LIFE I WANT TO HAVE 10 YEARS FROM NOW

"If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much."

- Jim Rohn

"The mind is everything. What you think you become."

- Buddha

"If you look at what you have in life, you'll always have more. If you look at what you don't have in life, you'll never have enough."

- Oprah Winfrey

Purpose: To get an idea of the life/career you want to have

The US Army use backwards or reverse planning to plan out their operations. They identify the last step first and then determine what the immediate step is prior to that. They repeat this process until they reach the step that begins the operation.

We can also use this method in our careers. It may be difficult to figure out the last step, however we can identify a few ideal scenarios and work backwards from there.

Think of a day in the future 10 years from now. Now visualize everything about your life:

(You might say 'I have no idea what I'm doing next year never mind in 10 years!', but just try and use your imagination, see where it takes you')

What country do you live in? Which part?

Where do you live: Countryside/Suburbs/City?

Are you married? Do you have kids? If so how many?

What do you do for work? Do you still work for the same company/organisation?

What industry do you work in?

**What kind of organisation do you work for? Big/Small? Corporate? Culture? Reputation?
Public/Private owned?**

How much money do you earn? To the closest £10k

What is your commute like every day? Do you work from home at all?

Have you specialised in a particular area? Or are you more of a generalist? i.e. done several different roles in the last few years

What skills have you acquired in your recent roles?

Do you manage a team? Big? Small?

Do you have to travel with work?

How much autonomy do you have? i.e. making your own decisions, doing what you want

Do you get excited by what you do for a living?

Do you constantly learn new things from your job?

Do you work with impressive people?

Where do you want to retire to?

What age do you want to retire?

What investments do you have?

What does your house look like?

These are just some questions to help you get started. Feel free to add more and keep writing about how you imagine your life might be.

Now put that all together into a couple of paragraphs. Put it somewhere you will read it regularly. You'll be surprised how much of it will start to become reality if you read it enough times.

“The key to effective visualization is to create the most detailed, clear and vivid a picture to focus on as possible. The more vivid the visualization, the more likely, and quickly, you are to begin attracting the things that help you achieve what you want to get done.”

— Georges St-Pierre

EXAMPLE

What country/area do you live in?

UK, Wanstead

Where do you live: Country/City/Suburbs?

Suburbs

Are you married? Do you have kids? If so how many?

Yes, three kids.

What does your house look like?

6-bedroom house, with a granny flat.

What do you do for work? Do you still work for the same company/organisation?

I'm a GP one day a week so that I keep my license.

I also run my own online fashion business

What industry do you work in?

Medical & Fashion

What kind of organisation do you work for? Big/Small? Corporate? Culture? Reputation? Public/Private/owned?

The National Health Service, and my own start-up.

How much money do you earn? To the closest £10k

£150k

Do you manage a team? Big? Small?

I have 15 people working for me in my online fashion business.

Do you have to travel with work?

Yes, around the country and sometimes to Europe

How much autonomy do you have? i.e. making your own decisions, doing what you want

I make all the major decisions relating to the business

Do you get excited by what you do for a living?

GP: No, Fashion Business: Yes, all the time, but it does come with stress.

Do you wake up every morning wanting to go to work?

Yes, to both jobs.

Do you constantly learn new things from your job?

GP: Yes, Fashion Business: Yes

- how to outsource work
- customer service
- how to reduce overheads

Are you impressed by the people you work with/your boss?

GP: No, Fashion Business: Yes

How many hours a week do you work?

GP: 7, Fashion Business: Never off the clock, try not to work weekends.

Where do you want to retire to?

Caribbean

What age do you want to retire?

55

What investments do you have?

My house, pension, and my company.

“The life I want to have in 10years time”

- I live in Wanstead, UK with my husband and three kids.
- I work as a GP one day a week and run my own online fashion business.
- I earn approx. £150k and have 15 people working for me.
- I’m constantly learning and excited by my job.
- Although, I love what I do, it can be stressful. It can be hard to switch off.
- I aim to keep growing the business and retire to the Caribbean when I’m 55.



RECAP:

**Write a paragraph describing the life you want to have in 10years time.
(in as vivid detail as possible)**