



ENCOURAGE EXERCISE #8

Mobilizing My Future Vision

The clearer you are about your desires, the better you will be able to focus your energy to achieve them. Answer the questions below to help mobilize your future vision into a reality.

1. Describe how things will be when your wishes become a reality (i.e., what does the *future state* look like for you in terms of a specific, behavioral goal)?
2. How will accomplishing your specific, behavioral goal *improve*:
 - Interpersonal Relationships/Interactions
 - Health/Well-Being
 - Career/Professional Success
3. What individual needs will you be satisfying by taking actions to achieve your future vision (i.e., successful completion of your specific behavioral goal)?
4. In the next week, what is your *prediction* about whether you will *implement* your specific behavioral goal?