

## Calming Visualisations

### Future Me

#### Instructions

Guided by the content as described online, read the following instructions to lead this calming visualisation exercise.

Here's a suggested script you can follow and adapt as required:

- Once you are seated comfortably, take these next few seconds to relax.
- Let us start by taking a deep breath. Inhale through the nose. Hold your breath for a few seconds.
- Now exhale deeply through the mouth. Inhale again. Exhale.
- Feel your body and mind relaxing.
- When you are ready, close your eyes.
- How do you want your future to look? With this question in mind, start to visualise your future self— one, five, or even ten years from now.
- Who is this person? Imagine your surroundings. Where do you find yourself? What are you doing? Where is your home? Who is with you?
- Start to paint a beautiful picture in your mind of what this future looks like.
- Begin to look inward. How do you feel when imagining your future self? How do you imagine your future self feels?
- Imagine with detail— what emotions does your face show? What stories do you hold? What memories have you made?
- Feel free to ask your future self any questions you may have. If you are seeking clarity or direction in life, let them know. Notice how they respond, whether it is through words or images.
- When you are ready, slowly bring yourself back to the present moment.
- Open your eyes.

If desired and when ready, invite your group to grab their journals and write down any thoughts and feelings they have experienced. Some people may feel comfortable to share. Ask them to describe what their life looks like next year? In five years from now, or ten?

Help your group to know that they should not feel pressured to know all the answers. This is simply a reflection; there is no expectation or judgment here.

#### Source

This guided meditation was inspired by Lisa Hughes and the 'Visualize your Future Self in 20 Years' meditation by Vanessa Loder on [Insight Timer](#).