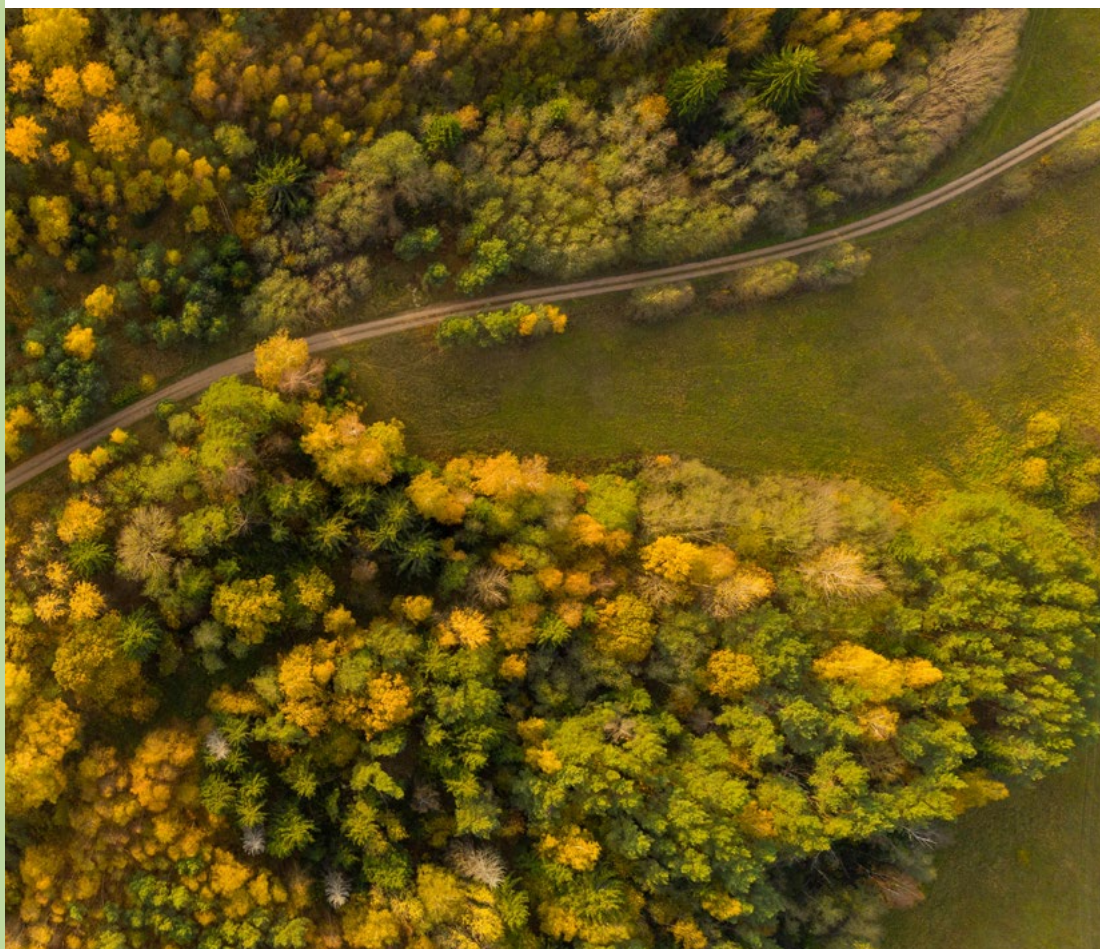


## Moving to the Future





An aerial photograph of a lush forest with a mix of green and yellow trees, suggesting autumn. A dirt road winds through the forest, and a river flows alongside it. The scene is captured from a high angle, looking down on the landscape.

“A life without cause is a  
life without effect.”

Paolo Coelho

# Moving to the Future

The purpose of the following script is to support you to maintain momentum following your programme. It will do this by prompting you to consider a desired future and the steps you must take to make this a reality.

## Instructions

- Please protect around 30 minutes to complete the exercise (this is for you only – unless you want to share with someone).
- Please listen to the accompanying podcast prior to completing the exercise.
- It would be helpful if you could print out this document and record your responses in the spaces provided – there is something impactful about physically writing out your thoughts.

Read the words in italics.

*Find a comfortable position and take a few deep breaths as we begin...*

*Now cast your mind 12 months into the future... Begin to create a picture of your ideal scenario in your context as a leader in Finnebrogue.*

*A time when you feel in flow regarding your performance.*

*When you feel valued and recognised for your contribution.*

*A time when you are achieving all the ambitious goals you have set for yourself.*

*A time when your teams or the people you lead are engaged, implementing, performing, and innovating.*

*A time when you can reflect on your contribution as a leader in Finnebrogue with pride. There may be other details you want to fill this vision of the future with.*

*Close your eyes for a minute or two, and really try to create that image in your mind, and imagine yourself there, 12 months in the future... The more vivid the image, the more filled with detail, the better.*

## **Speaking from the Future**

Now, with that image still crystal clear in your mind, and speaking as if from this place in the future, respond to the following questions:

### **How do you feel?**

Type your answer below

### **What do you see and hear around you?**

Type your answer below

### **What positive impact is this having on you?**

Type your answer below



**What positive impact is this having on others?**

Type your answer below

**What are you able to do that wasn't possible back in early 2024?**

Type your answer below

**What were the important changes you had to personally make to get to this place in the future?**

Type your answer below



**What did you have to let go of?**

Type your answer below



**What could have derailed you?**

Type your answer below

**Speaking from the Present**



**What action do you need to take in order to make this future a reality (please be specific)?**

Type your answer below

**What do you need to focus on or pay attention to?**

Type your answer below

**What are you committed to moving forward?**

Type your answer below

**What are you hopeful of?**

Type your answer below