

Send a postcard from the future

This is one of our favourite visioning exercises here at the hub. We use it a lot ourselves, and in a lot of our mentoring or training work. It's a great way to unlock your thinking about what you want for yourself and your business or career! And if you work as part of a team, it's great for everyone in the team to do a postcard, and then share them with each other as part of a wider visioning session.

What's involved?

As the title suggests, the aim here is to write a postcard – to yourself, to your peers, maybe a colleague or a family member. It can be anyone you think you might want to write to!

You can use our postcard template if you want. And if you're really inspired you could even decorate or brand the front. Often the picture on the front tells a story in its own right!

Here's what to do...

Start off by picking a point in the future that feels far enough away that things could be different, but not so far in advance that you can't really see it. We'd suggest something like 3-5 years. You can pick a specific date too if you want to (eg. new year's day, the anniversary of starting your business).

And then it's simple.

You just start writing!

The key thing here is to remember you're writing a postcard, so you'll want to use the easy, informal and natural language that you'd use in any message to a friend.

It's a descriptive exercise....

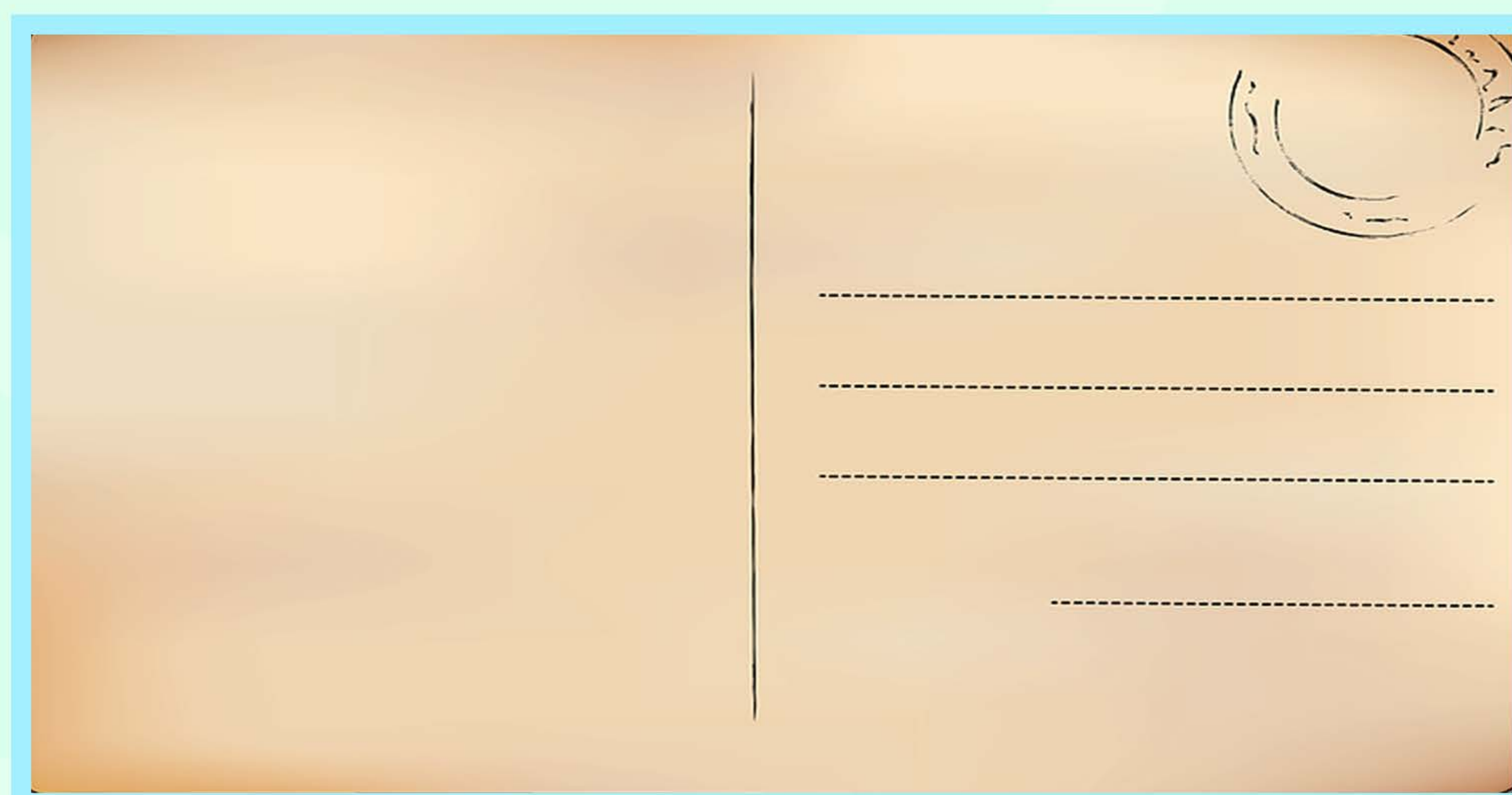
The idea is to write about what's happened between then and now or is happening when you send the postcard. You might want to describe what's changed for you or your career/business. You might talk about some challenges you've overcome or some major achievements or small wins, all things you feel proud of.



Where you're sending the postcard from – or where you're working in the future – might be important. Who you're working with might be different, or even the work you are doing.

The important thing is to not censor yourself, and to just write what comes to your head or your heart. Think of it as a stream of consciousness exercise. One of the very best things about doing this is that sometimes you really surprise yourself with what you write!

Just think about what you'd like the future to look like and include, and if you want to, temper it with some realism! What we're after is a glimpse into a possible future...



Once you've done your postcard, we suggest you set it aside for a day or two, and then go back to it and look again at what you've written or drawn/collaged/painted. Hopefully what you see will provide some really good clues and insights into what you want from your future. Here are a few questions that might help you uncover those clues...

- How does looking at and reading it make you feel?
- What surprises you about what's on your postcard? And what does that tell you about what you really want?
- What excites you about the future it describes?
- What's missing, and how does that make you feel?

You might even want to share your postcard with a few friends, colleagues or family members, and ask them the same questions.

There's plenty of time to get much more forensic about all of this, once you hit our **T ain't what you do, it's the way that you do it: debunking strategy module**. For now, just get curious with what's on your postcard!