



FUTURE BOOK

Reimagine your Future

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"Reality leaves a lot to Imagination"

John Lennon

THIS FUTURE
BELONGS TO

Biographical Shaping



Values Back-look

*What snapshot you have of that age?
Which values you appreciated then?*

7

14

21

SNAPSHOT

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VALUES APPRECIATED

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Values Back-look

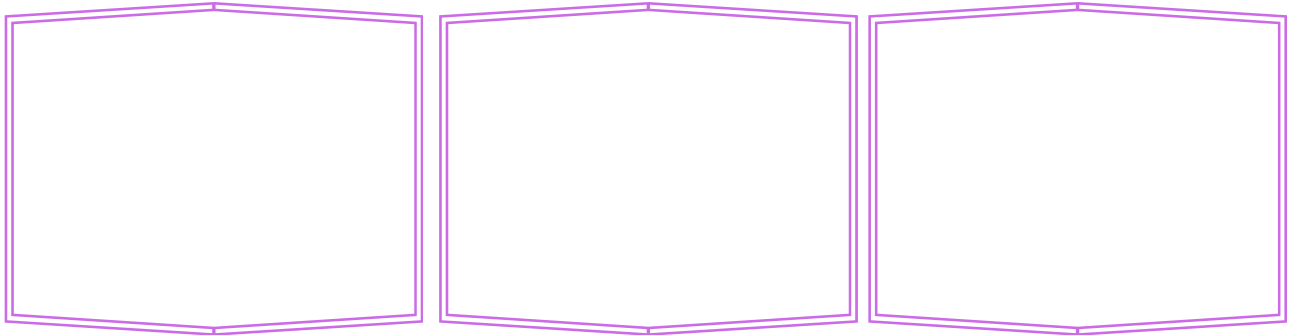
*What snapshot you have of that age?
Which values you appreciated then?*

28

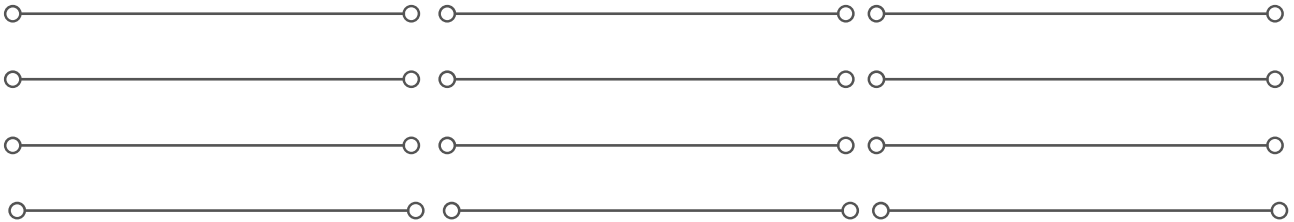
35

42

SNAPSHOT



VALUES APPRECIATED



Core Values

*Which values have shaped you?
What are your core values NOW?*



Five horizontal lines with arrowheads at both ends, intended for writing core values.

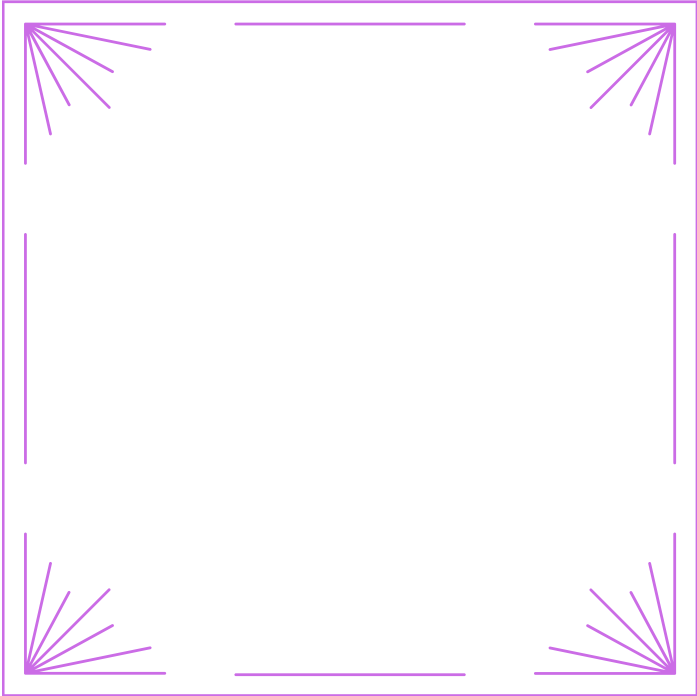
Future Universes

Divergence & Convergence



Future Universe A

*What are the characteristics of this future?
Which values this future honor?*



CHARACTERISTICS

VALUES HONORED

>>> _____ <<<

>>> _____ <<<

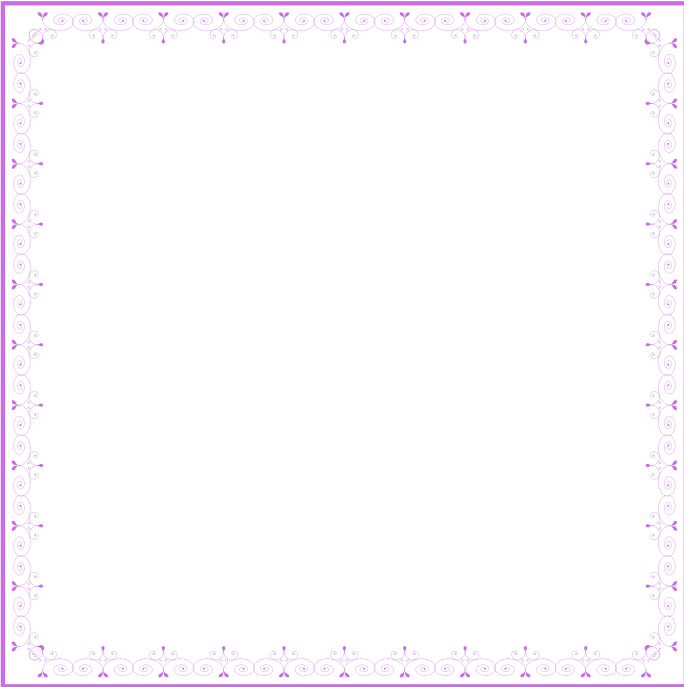
>>> _____ <<<

>>> _____ <<<



Future Universe B

*What are the characteristics of this future?
Which values this future honor?*



Four horizontal lines with arrowheads at both ends, intended for writing.

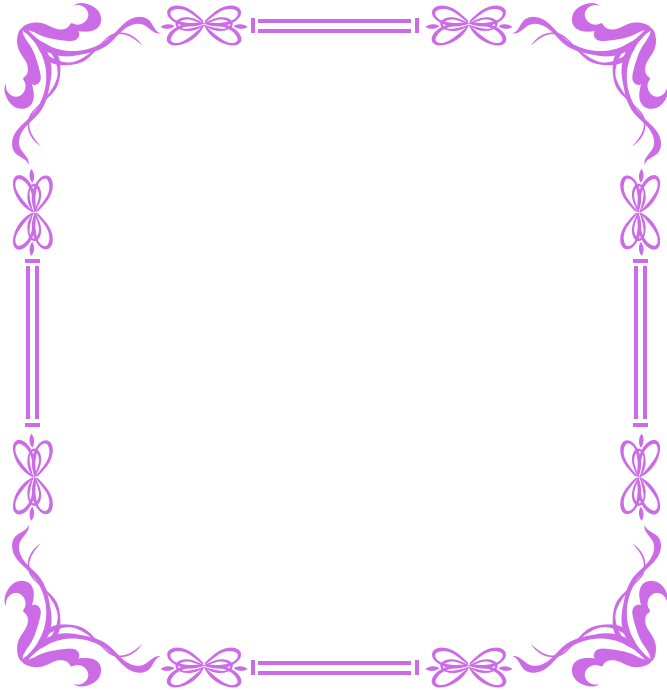
CHARACTERISTICS

VALUES HONORED



Future Universe C

*What are the characteristics of this future?
Which values this future honor?*



Four horizontal lines for writing, each starting with a double arrowhead on the left and ending with a double arrowhead on the right.

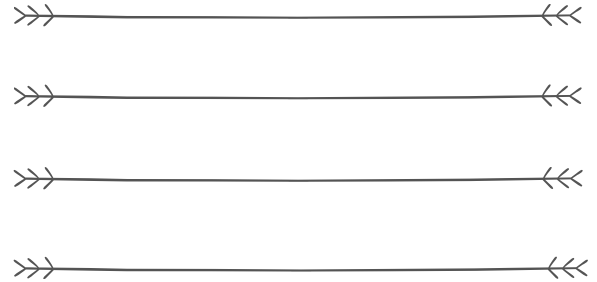
CHARACTERISTICS

VALUES HONORED



Resonant Future

*What are the characteristics of this future ?
Which values this future honor?*



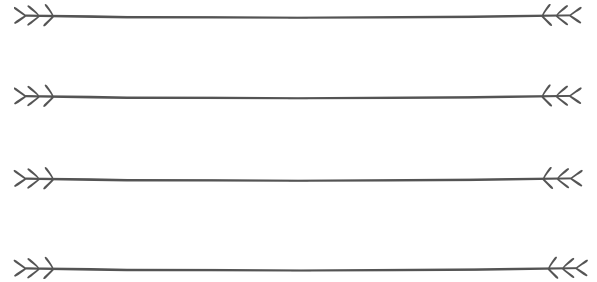
CHARACTERISTICS

VALUES HONORED



Resonant Future

*What are the characteristics of this future ?
Which values this future honor?*



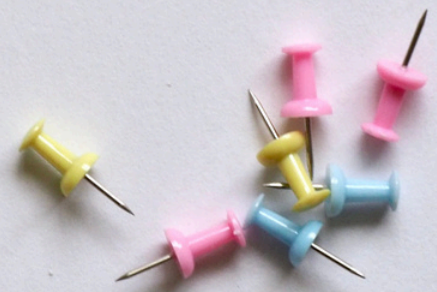
CHARACTERISTICS

VALUES HONORED



From Now on...

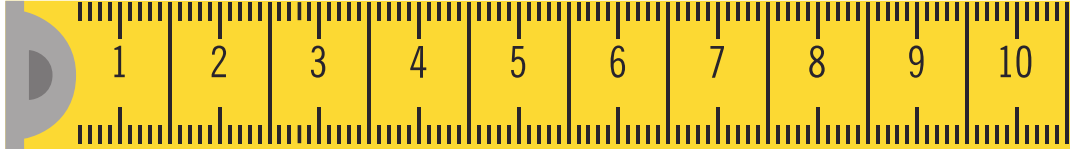
My Plan



I am at:

On a scale of 1-10 (10 being fully), how much are you living your future?

What do you want to keep? What you wish?



I KEEP

I WISH



I am Saying:

*What are you saying "yes" & "no" to today?
What 1-2 activities you will do in near future
to honor that?*

YES TO:



NO TO:



I WILL DO:

<i>Activity :</i>	<i>By :</i>
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I WILL NOT DO:

<i>Activity :</i>	<i>By :</i>
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Going Step Further - Now

Please answer these questions to best of your capabilities. Revisit them in 3-4 months to check where you are and what have changed?

What is the timeline for your resonant future - Optimistic & Realistic?

Which fears you would overcome?

What skills & capacities you would develop - Personal & Professional?

Which networks or communities would you join for your developmental journey - Personal & Professional?

Going Step Further - Revisit

Please answer these questions to best of your capabilities. Revisit them in 3-4 months to check where you are and what have changed?

What is the timeline for your resonant future - Optimistic & Realistic?

Which fears you would overcome?

What skills & capacities you would develop - Personal & Professional?

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"The best way to predict the future is to create it"



Abraham Lincoln

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