

# THE THREE QUESTIONS

Answer the three questions below. They are all about "futuring" and envisioning your future self. Answer with as much detail as you want. The more detail the better the vision you will have of what is possible for you.

As you answer, ask yourself, am I shrinking or expanding here? Am I limiting or editing my dreams because I do not think they are possible or am I making excuses for why they will not happen? If so, what is the belief about yourself that you are harboring?

What do you want to experience? What lifestyle do you want to lead?

How do you want to grow? Who do you need to become?

How do you want to contribute? What is your impact on the world around you?