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**A GUIDE FOR DREAMING BIG +
ACTUALLY MAKING IT HAPPEN.**

**Most people
overestimate
what they can do
in one year and
underestimate
what they can
do in ten years.**

Bill Gates



If you don't know where you are going, any road can take you there.

Lewis Carroll, Alice in Wonderland

Hey! Do you feel like when you sit down to “dream big” - you draw a blank?

Have you ever found yourself googling “Bucket list ideas” and taking ideas from other people?

Well, I have some good news for you:

Studies show our brains have a hard time thinking beyond 3-5 years (thanks to our medial prefrontal cortex). In fact, The Institute for the Future completed a first major study on future thinking and found that:

- 53% of Americans say they rarely or never think about the “far future” or something that might happen 30 years from today
- 21% report imagining the future less than once a year
- 32% say the future never crosses their mind at all

Which category do you fall in?

I am in the _____ category.

Okay, good to know! I'm most interested in making sure you're not underestimating what you can achieve!

Which is why I'm giving you **the following two writing exercises** to get you thinking creatively about your future self and what you can make happen in your life!



Exercise 1

Your Future Self

To tap into this future self, take a moment to center yourself. Take a deep breath. Shake off any remaining thoughts of whatever you were working on before.

The point of this is to use your imagination and have fun (and not stress).

I want you to imagine a future version of yourself **one year from now.**

Picture yourself walking into a café and having a seat with your future self. What is your future-self...

...wearing?

...drinking?

...thinking about?

...'s core value(s)?

...doing on a typical day?

...surrounded by?

Where are they living?



Exercise 1

Your Future Self (continued)

What else about your future self do you see?

If you gave your future self a nickname, what would it be?

Does your future self have a message for you?

What does your future self want your present self to know?

What has your future self learned that you have yet to learn?

When you encounter resistance, what advice does your future self have for you?

What is the biggest hurdle standing between your future self and who you are today?



Exercise 2

100 things to do in your lifetime

This is a great activity to do alone, together as a family or group of friends. Kids also love this activity and it is great fun to see how their list changes over time. Use a special notebook or journal to write your list and use it over and over again as part of a yearly review.

Your objective is to make a list of 100 things that you would like to do in your lifetime. Think of as many as you can to get started and then add to your list as and when you think of new things, dating each entry for future reference. Don't restrict yourself by worrying about how much things cost or the likelihood of achieving something. Simply write down your dreams and wishes as they come to you.

Step 1: If your lifetime seems too much of a challenge, focus on the next 3-5 years, 10, or 20 years.

Step 2: Set a timer for 20 minutes and list as many things you'd like to do / be / accomplish during the time frame you chose. You don't have to get to 100.

Step 3: Take a look what's on your list. See any themes? This is a great way to get to core values.

Step 4: Go through your list and add approximate years of when you can picture yourself doing each thing. Try to leave the "but" out of the way. Just put the first year that pops into your head.

Step 5: Any themes when it comes to years?

Step 6: Now for making it happen...I suggest creating a spreadsheet, like what I'm about to show you.



Exercise 2

100 things to do in your lifetime

Create a sortable table like this:

YEAR	THING I WANT TO DO	WHAT NEEDS TO HAPPEN	WHAT WILL GET IN THE WAY

[Click here for a copy of my Google sheet.](#)

Once you have them all in, sort by year and ask yourself:

What is REALLY a priority **to me**?

Can I cluster any of the things? (e.g. maybe 3 of them can happen together - this was true of my travel wishes.)

What needs to happen for me to do this?

What will get in the way?

Personally, that last question is the most helpful to me because it allows me to design with these barriers in mind. And isn't it always about getting out of our own way?

Here's to dreaming big!

*cheers,
Lindsey*