

# Create A Compelling Future Strategy

Use this strategy to interrupt an undesirable pattern or habit and create a new focus that will pull you toward the future that you desire. You can train your mind to switch its focus toward what you desire. Your focus determines your feelings. Repetition will help create new neural pathways so that this compelling future will pull you forward.

1. State the problem or challenge. What habit do you want to change? “How do you know it is time to\_\_\_\_(feel bad)? When you think of that\_\_\_\_do you have a picture in your mind?” What do you see, hear, and feel? Describe this image in your mind in vivid detail.
2. Now look around the room and focus on something in the present moment.
3. Next identify a positive emotion that you want to replace it with. “How would you like to feel/act instead? When you think of that\_\_\_\_(bad emotion or behavior) do you have a picture in your mind? Step fully into this picture as if it were a movie that you are acting in. What do you see, hear and feel?
4. Now imagine packaging that image up and sending it out into space as a bright spark way out in the distance.
5. Look around the room and get present again.
6. Now take the old picture and bring it up onto a screen or a sheet of glass in front of you. As you look at this image on the sheet of glass see yourself in the movie. Make sure that you are on the outside of the glass or movie screen and viewing yourself in the movie on the glass screen.
7. Now that you have the old picture on the screen, can you see the bright spark off way off in the distance? Point your hand toward the bright spark and now begin to bring it closer and closer until it explodes in front of you crashing through the old movie. (clap your hands or make crashing sound) Describe the positive state in detail. What do you see, hear, and feel?
8. Now that you are feeling good, package up that positive state of\_\_\_\_ and send it off into the distance.
9. Look around the room and get present with where you are now.
10. Repeat 5-7 times.