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80TH BIRTHDAY VISUALISATION.

If you really want to start to get an idea of what you want to be, have and do in life, an excellent experiment is to take some time out for yourself and imagine it is your 80th Birthday.

Really picture the scene with you hale and hearty and healthy and enjoying the company of all the people you most value in life. Imagine what you will be thinking as you look back towards now.

Imagine that each of the important people in your life stands up and makes a speech about you? What would you want them to say?

By doing this you can start to get a real idea of what is important to you and the steps that you may need to take to achieve it.

Try answering these questions.

1. WHAT WERE THE 5 MAIN STANDARDS THAT YOU LIVED TO?

We all have our rules in life that we live to – our standards. If we are clear about these and live by them consistently then we go a long way to feeling good about ourselves. What are the rules that you lived by, from now until your 80th birthday and beyond? These are the things that are non-negotiable. e.g. 'I always tell the truth'; 'I put family first'; 'I help others before I help myself'

2. WHEN YOU MADE DECISIONS, WHAT WERE YOUR HIGHEST VALUES?

Ask yourself what is most important in life. This is a whole exercise in itself, but to keep it simple, imagine in the time between now and your eightieth, that you focussed on what is most important in life. What is most important to you right now? e.g. Freedom, Truth, Love, Happiness, Success, Joy. List at least five things, but aim for more.

3. WHEN YOU LOOK AROUND THE TABLE, WHO DO YOU SEE?

Who are the people you want to be in your life for all time? Who do you want in your life that isn't in it right now? You can use a little time travel license here too and include people who are not alive right now, but if they were you would definitely want them to be there.

4. WHO WILL STAND UP AND TALK ABOUT YOUR CAREER?

This may be about your current career, or it may be the career or business that in an ideal world you want to be doing. It may be a bit vague if you are not sure what you want to do in life, and it could be a famous figure that you admire in the business world for instance.

Who are they?

What will they say?

5. WHO WILL TALK ABOUT YOU FROM YOUR FAMILY?

This may be a child, a brother, a parent (again it does not have to be someone who would be logically living at that time). It could be someone who does not yet exist in your family, but you can imagine that they would.

Who is it?

What will they say?

6. WHO WILL BE YOUR SIGNIFICANT OTHER?

Naturally this may be your current partner, or it may be the ideal partner if you do not have one currently?

Who is it?

What will they say?

7. WHO WILL TALK FROM YOUR COMMUNITY?

This may be your local community, your church community or some other group to which you feel a close connection.

Who is it?

What will they say?

8. WHO WILL TALK ABOUT YOUR FUN AND LEISURE EXPERIENCES?

Who is it?

What will they say?

9. WHO WILL TALK ABOUT YOUR LEARNING AND PERSONAL ACHIEVEMENTS?

Who is it?

What will they say?

10. ADD IN ANYONE ELSE THAT YOU WOULD LIKE TO BE THERE.

Who is it?

What will they say?

Keep this worksheet with you and revisit it from time to time to check your progress and to tweak and adjust your vision.

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