Imagine 2 futures

Imagining your future if things stayed how they are or if you managed to change things can help you think about whether of not you want to make a change. This may be in relation to your physical or emotional health, your relationships with others, your long term goals, your personal values [hyperlink to values rating exercise], finances, or something else. The example below may give you some ideas.

EXAMPLE: How would things be in the future if...

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Things stayed as they are?	Things changed?
Physical health – would get worse,	Could get better
especially pain	
Emotional health – feel sad, beat myself	May feel like I'm doing things to help
up for not doing more	myself
Relationships with others – continue to	May get on better
snap at my loved ones	, 9
Long term goals – difficult to reach	Feel like it may be possible to reach
	them through making small steps
Values – may feel like I'm not doing	Feel like I'm doing all I can and can more
•	:
enough for my health and can't play with	easily play with kids
kids as much	
Finances – stay the same or get worse	If I can build my stamina I might be able
	to work a little and be better off financially
	to work a little and be better on illiancially

How would things be in the future for me if...

Things stayed as they are?	Things changed?