

Make the Most of Your Moments

To help you live with greater intentionality and experience lasting transformation, these exercises will prompt you to connect more with your future self – the one who will benefit from your intentional actions today.

Exercise 1: Future Mirror

Use a face-aging app or website to age a photo of your face. You may use FaceApp, AgingBooth (phone apps), changemyface.com, or any face aging tool you find. Even though these apps do not provide very realistic visions of your future self, use this exercise to imagine what that person really would be like. Typically, these apps show you a face aged to look as it might several years or decades from now. If seeing yourself aged might be unnerving or weird, simply imagine how you might appear.

Take time to reflect on these questions: When you're older, what do you expect to like and dislike? What do you think you will do in your free time? What do you think your body mechanics will be like (hearing, sight, movement)? What aspects of life are encouraging, which aspects may be discouraging?

What actions can you take today to ensure a healthier, more encouraging future?

Exercise 2: Imagining A Decade

This is similar to the “future mirror” but takes a broader look at your whole life. Take some time to think about your life just 10 years from now. Imagine what your life will be like. What people do you expect to be spending time with? What do you expect your career to be, and what will a typical day be for you? Envision what you hope your family, social, spiritual, vocational, and living situation might be like. Close your eyes first and try to put yourself in the moment – the life you imagine in 10 years. Consider the impact your current decisions will have on you then. Then spend 10 uninterrupted minutes writing about what you imagined.

What are two or three actions if you did them consistently over the next decade would have the greatest positive transformation for your life? (EX. Exercise or stretch daily, read the bible each morning, tell my family I love them as often as possible, etc.) Write them down and make a point to integrate these actions into your life.

Exercise 3: Letter to Me

Write a letter to your future self. What do you want to remind yourself of later? What would you want to say to yourself? Put the letter in an envelope, put a stamp on it, and ask a friend to mail it to you at a certain point in the future. Or go online to <https://www.futureme.org/> and write an email to yourself and then schedule when you want it to arrive in your inbox in the future.

Exercise 4: My Eulogy

This exercise may seem a bit unusual, but (if you're willing to) give it a try. Think farther into the future by considering how you hope to be remembered after you are gone: write your own eulogy. (on reverse side)

MY EULOGY

King David of ancient Israel, wrote, “Show me, Lord, my life’s end and the number of my days; let me know how fleeting my life is” (Psalm 39:4). Our time is limited so it’s important to live a focused life. A life that matters, a life of significance. Use the following questions to help write your eulogy. Read over your eulogy on a regular basis and consider what actions you need to take to be the person described in your eulogy.

1. How old do you hope to be when you die?
2. How many more years do you have left if you live as you hope to?
3. What individuals in your life do you want to show a lifetime of love and devotion to?
4. Is there a big vision you want to accomplish before you die? If so, what is it?
5. What are your top three core values? Why is each value important to you?
6. What do you want people to feel on the day they find out you have died? Write some brief quotes about what you want people to say.

Using the answers to the above questions write your eulogy.