

5 Steps to Creating your Own Avatar (Future Self) and making your dreams a reality

1. Imagine Who You Want To Be In One-Three Years
2. Feel, Deeply, What It Would Feel Like To Truly Be That Person
3. Shift As Much In Your Current Life To Reflect Your Future Self
4. Expect Everything, Attach To Nothing
5. Measure The Gain, Not The Gap

“Your vision of where or who you want to be is the greatest asset you have. Without having a goal it’s difficult to score.”

– Paul Arden

1. What does your life look like?
2. What do you look like?
3. What does your environment look like?
4. Who are the main people in your life, and on your team?
5. What types of clients or people are you working with?
6. What is the overall experience you’re having?
7. What does your typical day look like?
8. What is important to you?
9. Where is your focus?

Remember, your job right now is not to determine how any of this stuff is going to happen. Your first job is simply to get clear on your vision. The more clear your vision is, the more obvious and easy will be the execution.

JESSICA COOKE

You do this through

- Visualisation/journaling
- Environment design, and
- Courageous action

During your morning meditation/visualisation, you want to see your future goals. You want to see yourself where you ideally want to be. This is an important distinction. All goals are not really desired outcomes but desired versions of yourself.

That's all a goal is: a new you.

Your body is a chemical machine that becomes addicted to and accustomed to various emotional states. Your body then subconsciously acts in ways to reproduce the emotions it has become habituated to.

So, before you know it, you grab your mobile phone and are back scrolling the newsfeeds. You didn't consciously choose to do this. Your body impulsively did it because when you engage in that particular behaviour, your body gets the chemicals it has become addicted to.

If you want a new future and new you, then you need new chemicals.

This occurs through:

- Emotion-based visualisation
- Fresh environments/experiences, and
- Bold new behaviours

JESSICA COOKE

Each of these produces emotions. The new emotions can reset your subconscious normal. You want and need a new normal because your sense of normal is your identity and reality.

Every day, you need to produce the desired emotions of your future self. This is what visualisation is all about.

How often do you visualise?

It turns out only 3% of Americans have written goals. Only 1% write their goals down daily. Far less than 1% trigger the emotional state of their future self. Far less than 1% courageously pursue their future dreams, right here and now.

Will you?

The way to measure your progress is backward against where you started, not against your ideal.”

Write out all your action steps here that will turn you into your future self and make your dreams a reality:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

– *Dan Sullivan, THE GAIN AND THE GAP*

Every 30 or 90 days, a solid practice that Dan Sullivan teaches his entrepreneurs in the Strategic Coach program is to Measure the gain.

Here's how it works:

Every 30 or 90 days, answer these questions:

1. What were the five biggest wins?
2. What about your current situation gives you the most confidence and excitement?
3. What are the five jumps or wins in the next 30 to 90 days that will create the biggest impact?

That first question may be the most important. It helps you frame your past in a positive way. It helps you selectively attend to the progress you're making. Most people, regardless of their success, focus on the gap. They only see lack. They only see what they're not doing well.

Of course, having high expectations can be good for performance. But a relentless insistence that nothing is good enough is also bad for joy and even confidence.

You can keep moving forward in your life while at the same time enjoying the process. In fact, research shows that happiness bolsters motivation and success. Other research on endurance athletes shows that how they feel while performing determines how long they can go. If their jaw is clenched and they feel they are exerting lots of effort, they will burn out faster than those with a loose jaw who feel calm.

JESSICA COOKE

Questions to journal

- Where am I now?
- What were the wins from the past 90 days?
- What are the wins from the next 90 days I want?
- Where do I want to be in three years? (vivid vision)
- Where do I want to be in one year?

These questions can trigger and frame my journal writing. They help me remember what I'm trying to accomplish. They keep me living in the gain all the time.

Life becomes a lot of fun. Success becomes much easier. I become much happier.

Are you in the gap or the gain?

Are you emotionally attached to outcomes along the way?

Are you incessantly negative, despite your success?

Is happiness always somewhere in the future, and never here and now

Conclusion

Success is a joyful process. Change is a joyful process. Without purpose, you will perish. These five steps will help you achieve your dreams and find joy along the way.