



5-year vision

Thinking about the future can sometimes bring anxiety and uncertainty. This exercise encourages you to think about 2 or 3 scenarios that might happen in 5 years' time. These visions might be different, but they all have some positive aspects. For each scenario, answer the following questions:

- What do I see, hear, feel, smell and taste?
- What does life look like?
- Who is there with me?
- What do I like the most about this vision?
- What brings me joy and happiness in this vision?

