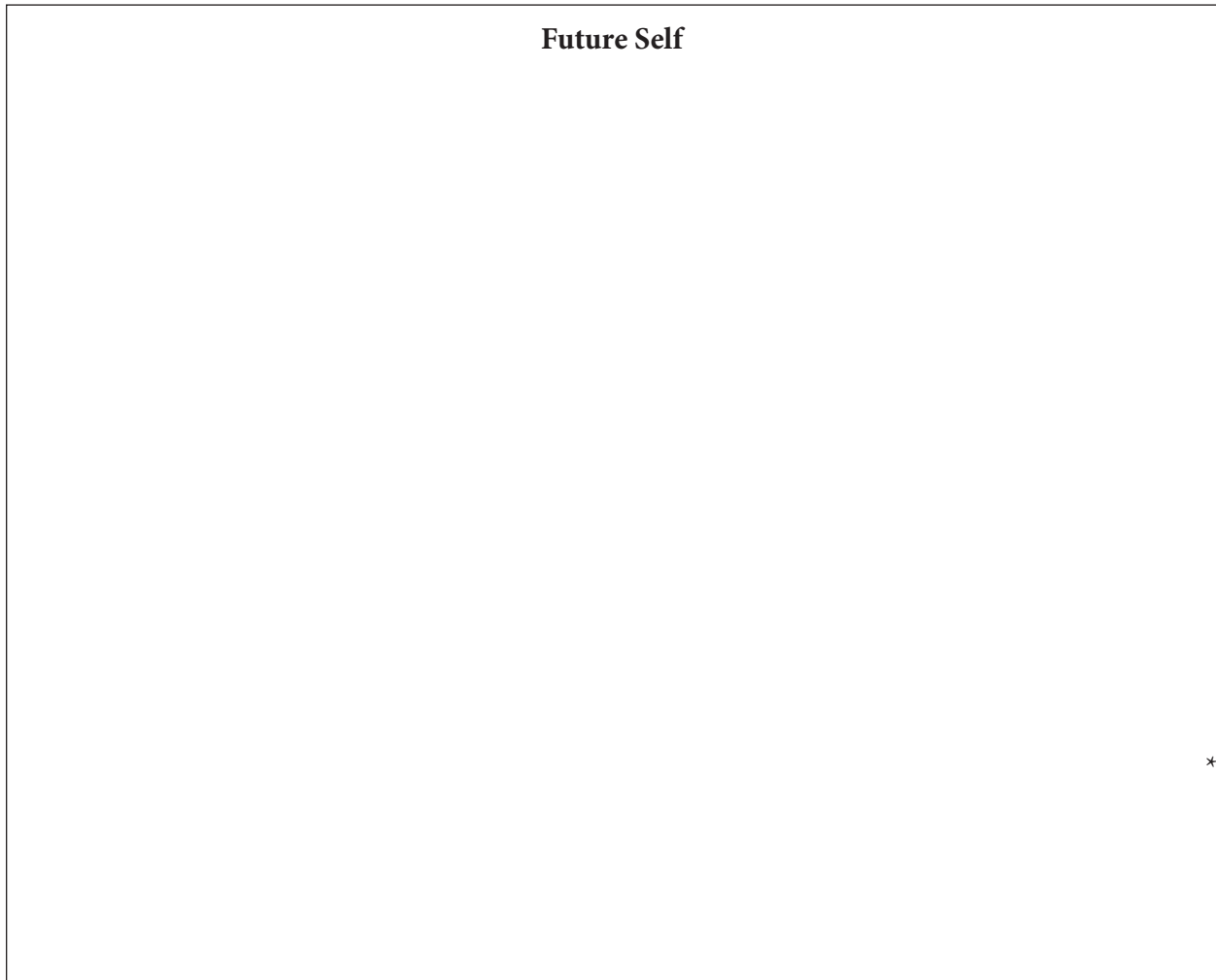


**PREPARATION PHASE**  
**Action-Able Exercise P11:**  
**See your Future Self**

As the curtain rises on Act 2 of our show, the story has jumped ahead in time, and we see your Future Self thriving. We don't yet know how this transformation occurred, but it's clear you are happy and healthy, doing your new habit with ease. Let the scene unfold, witnessing your Future Self in action.\* How do you recognize this character as your Future Self, distinct from the Hero who is struggling to change? What does your Future Self think, feel and do differently now that your new habit is well established? What does your Future Self wear or hold to show this transformation? Describe or create a detailed image of your Future Self.

**Future Self**



\*

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\*This question comes from Solution-Focused Brief Therapy, known as the Miracle Question. See deShazer, S., & Dolan, Y., with Korman, H., Trepper, T., McCollum, E., & Kim Berg, I. (2007). *More than miracles: The state of the art of Solution-Focused Brief Therapy*. New York: Haworth.