

# FUTURE ORIENTATION

## BECOME THE ACTIVE CREATOR OF YOUR FUTURE

To be future-oriented, you need a specific goal! This is not necessarily about big, life-changing visions. Small goals also lead to change.

Find an answer to the 3 big questions: What? - Why? - How?

### WHAT



WHAT WOULD YOU LIKE TO CHANGE?

In which area do you currently benefit most from planning for the future (health/professional/private)?

### WHY



WHAT IS THE REASON FOR YOUR FUTURE PLAN?

Why should something change? What do you expect from it, what state do you want to achieve? How do you want to feel as a result, what positive feeling do you associate with the change?

### HOW



HOW DO YOU PLAN TO ACHIEVE THE GOAL?

What means do you have on hand, what means will you use? Which habits need to be changed? Which (new) strategies do you use, in which situations?

Describe your intention as concretely as possible!  
Particularly suitable for this are „If..., then...- Phrases“:

<b>IF</b> _____ _____ _____ _____ _____ _____ _____ _____	<b>THEN</b> _____ _____ _____ _____ _____ _____ _____ _____
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And don't forget to think in **baby steps!** The more long-term, the more reasonable it is to build in small intermediate steps.