



HABIT 1 – WE LEAD FROM THE FUTURE. WE ACT IN THE NOW.

Our first Habit of Transformational Leadership speaks to our ability as Leaders to create our future in all aspects of our lives. Without a captivating future, we see no reason to alter our actions or behaviors. We must first stand in the future and look to our present to see what actions are necessary now to shape our destiny so that we can act in alignment with that future self.

To begin practicing this habit*, please take one area of your life related to your **OPTAVIA** journey and think about where you will be in one year. Paint a compelling picture of that future of your best life. What does it feel like? Sound like? What is my experience now? What rewards does it yield? Get very clear with that picture of your future in your mind and put your thoughts down below.

It is 1 year from today (fill in date: _____), what has to have happened for me to be happy and satisfied with my progress?

Who have I become?

What have I done?

What have I achieved?

*Habits of Transformational Leadership exercises modeled from the work of Helen Urwin and Xanobia.

Creating a single, powerful statement or draw a symbol or picture of your future to represent your vision can help crystallize it in your mind. Try it, below:

Now that you've written down and encapsulated your future, reflect on it and the experience of being in that future. Can you sense that future self? Do you know him or her? Is your picture of your future clear and compelling? When we have a powerful vision of the future we wish to create, we alter our perspective. This shift allows us to act as if the future we envisioned is already here.

In other words, we create a vision for the person we want to be and then act in accordance with that future self to bring alignment between the two.

Since you've gotten clear about that future and have a clear and compelling vision for it, let's move to the second part of this exercise. As your future self, reflecting back on the present... what have you stopped doing, what have you started doing, and what are you continuing to do more of to become the person you already are in the future?

What are the actions that I have taken to get me to that future?

1. What have I stopped?

2. What have I started?

3. What have I continued more of?

What you choose from your future is more important than where you are right now.

-Helen Urwin
