

## 20 Year Perspective – Template

### Instructions:

Look at the four stepped-time periods below. For each one, try to imagine a ‘future you’ that you can have a conversation with at that specific point in time. Try to imagine the key aspects of that ‘future you’, including professional life, personal life, and relationships with family and friends.

What would this ‘future you’ have accomplished career-wise? I.e., Job title, role, and responsibilities.

Is this person living or operating in a specific industry or region?

Are there significant professional accomplishments that this person has achieved?

Where are they in terms of their personal life?

Are there specific social or sporting activities that they are engaging in? What about hobbies?

What is the level of proficiency and involvement in these activities?

Is there a bucket list of travel destinations or accomplishments that need to be achieved at some point in time?

Finally, consider any significant relationships that they might have at that point in time.

Are they in a committed relationship; could they be raising a family alone or with a partner?

Could there be elder relatives that are dependent on this ‘future you’?

What are the time and resource commitments to support and maintain these relationships?

For each of these dimensions of that future you, consider specific skills or resources that may be required to achieve these goals.

It’s important that the more detailed these depictions of a future you are, the better. It’s a good idea to block out some time in your calendar to fill this information out, and then to put the plan aside and come back again in a week or two to add more detail.

**In 20 years**

(We like to start with the distant future first and work our way backwards):

My current age:

I am living in (city/country):

**Professional Life**

List job title/responsibilities:

List the type of company/industry:

Required skills and experiences:

List expected compensation and remuneration:

**Personal Life**

List activities that you are engaged in:

List level of engagement/expertise:

List other bucket list accomplishments:

Required skills/resources and experiences to get to this level:

Expected level of commitment (i.e., hours/week):

My level of health/fitness:

**Family life**

Are you in a committed relationship? Y/N

Are you supporting a family? Y/N

Do you have dependents? i.e., children or elder relatives

What level of support they need (Finances/Time):

**In 15 years**

(We like to start with the distant future first and work our way backwards):

My current age:

I am living in (city/country):

**Professional Life**

List job title/responsibilities:

List the type of company/industry:

Required skills and experiences:

List expected compensation and remuneration:

**Personal Life**

List activities that you are engaged in:

List level of engagement/expertise:

List other bucket list accomplishments:

Required skills/resources and experiences to get to this level:

Expected level of commitment (i.e., hours/week):

My level of health/fitness:

**Family life**

Are you in a committed relationship? Y/N

Are you supporting a family? Y/N

Do you have dependents? i.e., children or elder relatives

What level of support they need (Finances/Time):

**In 10 years**

(We like to start with the distant future first and work our way backwards):

My current age:

I am living in (city/country):

**Professional Life**

List job title/responsibilities:

List the type of company/industry:

Required skills and experiences:

List expected compensation and remuneration:

**Personal Life**

List activities that you are engaged in:

List level of engagement/expertise:

List other bucket list accomplishments:

Required skills/resources and experiences to get to this level:

Expected level of commitment (i.e., hours/week):

My level of health/fitness:

**Family life**

Are you in a committed relationship? Y/N

Are you supporting a family? Y/N

Do you have dependents? i.e., children or elder relatives

What level of support they need (Finances/Time):

**In 5 years**

(We like to start with the distant future first and work our way backwards):

My current age:

I am living in (city/country):

**Professional Life**

List job title/responsibilities:

List the type of company/industry:

Required skills and experiences:

List expected compensation and remuneration:

**Personal Life**

List activities that you are engaged in:

List level of engagement/expertise:

List other bucket list accomplishments:

Required skills/resources and experiences to get to this level:

Expected level of commitment (i.e., hours/week):

My level of health/fitness:

**Family life**

Are you in a committed relationship? Y/N

Are you supporting a family? Y/N

Do you have dependents? i.e., children or elder relatives

What level of support they need (Finances/Time):