

DESTINATION POSTCARD

Imagine you could get a postcard from your future self. The postcard shows you exactly what you want to happen with your health and wellness. It's as if "future you" arrived at the destination and sent a postcard back in time to tell you what it's like. The destination postcard tells you what you want, not what you don't want.

IN AN IDEAL WORLD, IMAGINE WHO AND WHERE YOU COULD BE IN ONE YEAR FROM NOW...

- Where do you want to be?
- What do you want to be doing?
- How do you want to feel?
- What adventures do you want to be having?

DON'T WORRY ABOUT HOW "REALISTIC" THIS IS RIGHT NOW

- Use the form below as a guide to start your health & wellness journey.
- As a daily reminder, find a small object that you will use on your adventure and place it somewhere you will see it.
- You can also browse the internet to find inspiration; save photos, make a pinterest board or draw a picture.
- Call a friend for accountability or ask to join you on this journey.
- If you would like to receive your actual destination postcard by email in the future, copy what you have written below and go to at www.futureme.org.

HOWEVER YOU CHOOSE TO ENVISION YOUR FUTURE ONE YEAR FROM NOW:

Imagine it. Capture it. Have fun with it!

- Make this envisioned future just a little more real today.
- Think of this "5-minute action", as the beginning of your health & wellness journey!

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I want to be...

I want to do...

I want to feel...

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