

Brigitte Djie

Are you prepared for the next decade?

Workbook Day 1

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We are now in the last three months of this decade (or whenever you read this). Use them to be prepared for the next one.

The planet and humanity are in what we can call 'interesting times'. I find it a privilege to be alive at this time and I extend this invitation to you to find out what will help you to be ready and prepared for the next 10 years; to live a meaningful life in all areas that are important to you and your loved ones.

It is a well known fact that those who contemplate their future and set goals for the future, achieve them. Those that write them down and visualise them often are even more likely to achieve them; even faster.

When I look back over the past ten years, so much has happened and there is so much to be grateful for. Now that you have finished watching the videos, you can take some time and real action and use this workbook to jot down your findings and thoughts.

*it may be tempting to jump straight to the third part, ie. looking forward to the next decade; I urge you to start below with reflecting back over the last decade first. You will find out why, when you have done it because what I want for you is to build your foundation for the next 10 years as a strong one. As a human, you have been programmed to look at our mistakes and all the things that have gone wrong. Education as well as upbringing have contributed to that. You likely received some homework back with red lines and crosses to your carefully crafted work? I did! Over time, we become the teachers with the red pencils and our focus goes straight to moments that we screwed up and projects that didn't work out. Whilst it is paramount to rectify mistakes and learn from these moments, we often gloss over the many wins; the times that we did magnificently well, the projects that went stellar, the decisions that created the best moments and results to date.

With the following process, you build the foundation of your next 10 years strong.

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Let's get to work

Looking back to 2010, how old were you?

Where did you live?

What was your physical situation? I.e. super fit, healthy, sick, unfit, fat, skinny, etc.

Who was in your life?

How old were the people who were in your life in 2010?

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What believes and desires did you have for the future in 2010?

What was your career like in 2010?

What goals did you have for the next 10 years in 2010?

What were some intense times that were tough and made you grow?

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What were some choices you made that did not serve you or the people around you? What did you learn?

What was outside your control? What were some world events that effected you? Who loved you? Who disliked you? Who did you love? Who did you dislike? What changes did you have to make, either forced or by choice?

Looking at your answers, is there anything that surprises you, anything that you have forgotten and are now remembering?

Brigitte Dye