



Turn your lockdown experience into an opportunity for personal reflection and growth

Tips to help you step towards your future, today

In light of the necessary postponement of the 'Life is for Living' show, Rowena Wild and Kim Horwood (professionally accredited coaches and founders of View To The Future) have written this guide to support you at home until we can all be together again.

For many people, turning 50 and beyond is an important stage in life when they may naturally start questioning and re-evaluating what comes next. We'd like to share some ideas with you to help you take advantage of this unexpected period at home and take a step towards your future, today.

We want to help you to:

- ✓ Understand your current self and your needs and wishes
- ✓ Make better choices
- ✓ Plan goals and take purposeful actions
- ✓ Find greater happiness and thrive



What can you do today that your future self will thank you for?

We invite you to use this time to prioritise and focus on you and your future self. What were you coming to the show to discover? What do you want more of or different? What is holding you back from making life changes?

Whether you are looking to slow down, speed up, change direction or jump off the merry-go-round of work but can't afford to, this is a time of opportunity for you to:

- Pause and take a good look around you
- Pay attention to your habits, routines, thoughts and assumptions and identify any you wish to change
- Expand your thinking and mindset to give a positive happier outlook
- Focus on a renewed purpose, project or lifestyle
- Choose your next step and act

Follow our five steps towards your future

We've created a check list of tips and suggested actions to help you get started:

1. Ask yourself:

- What brings me joy?
- What am I thankful for, in me and others?
- What am I good at and what would I like to be better at?
- How do I spend my time now?
- What am I looking forward to?

🌈 *Action: Write down your answers and consider how they reflect on your choice of daily activities*

2. Check yourself for negativity

- Instead of saying: 'I don't have time because ...' ask yourself: 'What can I stop doing to give me more time?'
- And if your answer is: 'Nothing', ask yourself: 'Am I taking too long on the things I'm currently doing? What can I simplify or dial down?'
- What habits and routines do you value and appreciate and which ones can you now let go?
- Instead of saying: 'I can't do this because ...' ask yourself: 'What help or resources do I need to make this happen?'

🌈 *Action - Pay attention to your self-talk and practice a more positive approach.*

3. Be curious and expand your horizons:

- Develop a new skill (e.g. using new forms of IT to stay connected)
- Expand your knowledge and learning
- Re-build and strengthen your social connections and networks
- Enjoy more 'me' time.

🌈 *Action - Decide on any one of the above and make it happen within a given timeframe.*

4. Celebrate your abilities, skills and achievements

- Dig deep and remember when you functioned at your best, how did it feel?
- What factors were in place for you to be so successful?
- What strengths did you bring to the table and how can you use them to serve you now?
- What were your greatest successes and what would you like your next success to be?

🌈 *Action - Consider where you want to put your energies to bring out your best you*

5. Commit to meaningful action

- Get in touch to find out more about complimentary workshops designed exclusively to support 'Life is for Living' Show participants. These special workshops will be virtual and will each last one hour.

Alternatively, if you prefer a private and in-depth approach:

- Talk to Kim or Rowena about our chargeable packages for one-to-one coaching

To find out more about these offers please email us at contact@viewtothefuture.co.uk and remember to include your name and contact details.

We look forward to meeting you and starting your journey with you. Keep safe and well.

Kim and Rowena

www.viewtothefuture.co.uk

View to the Future was founded in 2017 by Kim Horwood and Rowena Wild to help people over 50 re-connect with what is important in their lives and make meaningful change.

Kim and Rowena bring over 50 years' professional experience between them. They jointly run workshops and provide one-to-one coaching services to help turn barriers and concerns into strengths and opportunities and help stimulate fresh insight and perspectives to support their clients lead more vital, focused and purposeful lives.



For more information about us and our services please see our website www.viewtothefuture.co.uk or email us directly at contact@viewtothefuture.co.uk. Thank you.