

## PLANNING FOR THE FUTURE

### Set Priorities

This year, I set three large goals for myself. To go to bed earlier. To spend quality time with my children and grandchildren and to have more fun with my much younger new husband (his idea and I embrace it). In addition to my work, these are part of my vision for myself. I didn't go overboard with all the things, but I stuck with my big three before going any further. There are so many things I want to do, but I think it's important to remember the big things that get me closer to my goals. Other things fall into place without even realizing it. I start small and go from there.

### A Visual Plan

What do you want and what's important to you? You're constantly realizing what you don't want and what's not important to you. Once you know where you want to go, figure out how to get there. Visualize yourself achieving your goals. Notice when you're veering off the right path. Turn down choices when they don't serve you. Seek guidance from those who have already done what you aim to do. Don't be afraid to ask for help. Focus on how you feel before you think about what you want to physically have. Remind yourself why you want what you want in life. Why does it matter to you? Why do you care about this?

Your "WHYS" are important. Hold onto them. At JSL we set our priorities with our mission statement to guide everything we do as an agency. "*We nurture a sense of community and enrich the lives of older adults, while embracing Jewish values and celebrating life.*" If something doesn't fit the mission, it has no place in our business plan. The same should go for our personal lives. Setting our mission statement will make it so much easier to visualize our future. You can ask yourself "does this fit my mission?" before going forward with a decision.

When you're evaluating what's most important, go into every aspect of your life and think about how you'd like to feel and what you envision. Consider family, friends and romantic relationships, home, health, pets, career, volunteer work, travel, community, and hobbies.

Visualize yourself being the most ideal version of YOU. What are you doing? Where do you live? Do you have children? Friends? Do you own a business? How often do you travel? Explore these self-talks with an open mind. Write a letter from your future self and talk about your accomplishments with pride. When you write about what you desire, focus on making it happen. Be open to all the possibilities. The future is ours. Let's go together and discover living in community, with purpose, and joy.