

## U Journaling Practice: A 15 Step Journey through Your Field of the Future

1. Insights on yourself and your leadership situation so far in this class.
2. What questions come up for you now?
3. Crack: Where in your life and work right now do you feel the call of the future?
4. Frustration: What about your current work and/or personal life frustrates you the most?
5. Energy: What are your most vital sources of energy? What do you love?
6. Inner resistance: What is holding you back? Describe 2 or 3 recent situations (in your work or personal life) where you noticed one of the following three voices kicking in, which then prevented you from exploring the situation you were in more deeply: VoJ (voice of judgement), VoC (voice of cynicism), VoF (voice of fear).
7. Helicopter: Watch yourself from above (as if in a helicopter). What are you doing? What are you trying to do in this stage of your professional and personal journey?
8. Helicopter II: Watch your community/organization/collective movement from above: what are you trying to do collectively in the present stage of your collective journey?
9. Footprint: Imagine you could fast-forward to the very last moments of your life, when it is time for you to pass on. Now look back on your life's journey as a whole. What would you want to see at that moment? What footprint do you want to leave behind on the planet?

------(Crossing the Gate)-----

10. What advice have you been giving from Self to self?
11. Intention: Now return again to the present and crystallize what it is that you want to create: your vision and intention for the next 3-5 years. What vision and intention do you have for yourself and your work? What are some essential core elements of the future that you want to create in your personal, professional, and social life? Describe as concretely as possible the images and elements that occur to you.

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12. Letting-go: What would you have to let go of in order to bring your vision into reality? What is the old stuff that must die? What is the old skin (behaviors, thought processes, etc.) that you need to shed?
  
13. Prototyping: Over the next three months, if you were to prototype a microcosm of the future in which you could discover “the new” by doing something, what would that prototype look like?
  
14. People: Who can help you make your highest future possibilities a reality? Who might be your core helpers and partners?
  
15. Action: If you were to take on the project of bringing your intention into reality, what would you like to accomplish: over the next three years, three months and three days?

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