

“Hey Dani!”

It's much easier to move towards a future that you can clearly see.

1. Find a quiet moment

Find somewhere you won't be interrupted for a little while.

2. Set the scene

Imagine it's a year from now, and you've just bumped into your closest friend, or someone real or imagined you feel comfortable doing the following exercise with.

The person you're imagining says to you, “So... how's your year been?” You smile and reply, “Honestly? It's been the most amazing year. Every area of my life has been incredible. Let me tell you all about it...”

3. Tell them everything, as if it's already happened

Now write out what you'd tell them. Cover whatever matters most to you — your relationships, your health, your work or studies, your family, your marriage or friendships, your personal growth, your spiritual growth and connection with Hashem, your Torah learning and mitzvot, the people you've helped, the happiness you've found, and anything else that's important to you.

Write as though it has already happened, not as something you're hoping for. Don't worry about how realistic it sounds or how it would happen — that's not what this exercise is about. Just dream big and get in touch with the kind of year you'd truly love to have.

You can come back and rewrite, refine or add to your answer whenever you like. It's your vision, and it's yours to keep shaping.

Please share ElulTime.com — or this exercise from ElulTime.com — with someone who would appreciate it.