



Future Positive

By Lyn Carman

Self-Development

The year 2020 - The next decade! *What will your future self thank you for?*

"This is the entry, the beginning, the doorway into the next decade."

A mentor of mine, Joe Pane, just shared with me the 'BFO' – Blinding Flash of the Obvious – the new year is coming, next year will be the year 2020! The beginning of a new decade, we are heading into the third decade of the 21st century – that's crazy! So here we are at the end of this decade and it gets me thinking, where will I be in another decade? It's an important thing to think about; where will you be in the next decade?

A quote often attributed to Bill Gates says, "Most people overestimate what they can do in one year and underestimate what they can do in ten years." Think about this for minute.

One way to do this is consider where you were in 2010 and what you have achieved in the previous decade... hasn't that 10 years flown? What have you done? Where have you been? Isn't it incredible to think how much time has passed by so quickly?

Take a moment to think of what decisions you need to make for the next decade; what are the things you want to bring into your life? What actions do we absolutely need to commit to that are going to make a big difference? These don't have to be massive actions, just simple things that we can commit to, ones which our future self will thank us for.

Are there some key decisions around financial choices for you? Is it savings strategies, or investment strategies, do you need to get some advice or expert opinions from someone who has proven runs on the board? Sadly, one of the most significant contributing factors to a relationship breakdown is money. There are also many successful people in their 60's and 70's who never learned to take care of their money and as a result have had to work for the rest of their lives to pay the bills because of not taking the initial responsibility needed to take care of their finances. Whatever the next decade is for you perhaps you are turning 30, 40, 50, 60 or 70 it's going to pass anyway, and money is one of those things which is a significant contributor to a sense of peace. So perhaps if the action is around finances, it may be as simple as never spending the \$5 notes which pass through you fingers, and imagine how much you can save in a year, or two, or 10 years from now?

Perhaps other investments to make in the next decade are around health. Are you feeding yourself in ways that match your body type? Are you nurturing your body nutritionally to match your energy, your DNA or is this something you need more advice and support with? Take time to also think of some actions you need to take for yourself to be pain free and have all the energy in the world, to do what you need to do and desire to do.

What about your emotional health, your spiritual health, your perspective, your identity? Who do you see yourself being, and what aspects of your identity do you want to add to?

The next decade is coming and its coming quick! Let the year 2020 be a wonderful opportunity as is every year, to press the reset button. For the parts of our lives which are lacking and falling behind, how can we set up our lives over the next 3, 6, 9 months to realise our potential?

The long game means grounded, progressive results. The next decade will have its own unique challenges for all us in different ways. We have no idea what is going to happen. We can use our imagination of what we want to bring into our lives. We can use our imagination about what we want to stop bringing into our lives – whatever works for us.

Unpack that mental energy, physical energy, emotional energy and spiritual energy and use it to start thinking about what you want for the next ten years. Spend time with the people that you love. This is the entry, the beginning, the doorway into the next decade.

How do you want to continue this long game? What kind of career will you have, what kind of income will you be making, who will you making it with? What is the difference you can make, what is the message you can deliver and who will you be giving that to, and who will you be sharing that with?

“Thank you to those who have given me feedback and connected with these articles during 2019. I wish you and your loved ones, peace and joy during this time and beyond. I look forward to 2020 and all that it brings.” - Lyn Carman

