

# Future Self Intervention Storyboard



Create and Envision Your Own Future

Name:

Age:

Months/Years into the Future:

Age of Future Self:

Annie Monaco, LCSWR, RPT

[www.annimonaco.com](http://www.annimonaco.com)

[monaco.training.center@gmail.com](mailto:monaco.training.center@gmail.com)

[www.playfulemdr.com](http://www.playfulemdr.com)

From: Monaco, 2022, EMDR and Creative Arts Therapies

# Details for Future Self

Education/School/College

Career/Work

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Living/Home/Transportation

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# Details for Future Self

Physical Health

Mental Health

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Relationships

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# Details for Future Self

Spirituality

Service/Giving Back

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Activities/Hobbies

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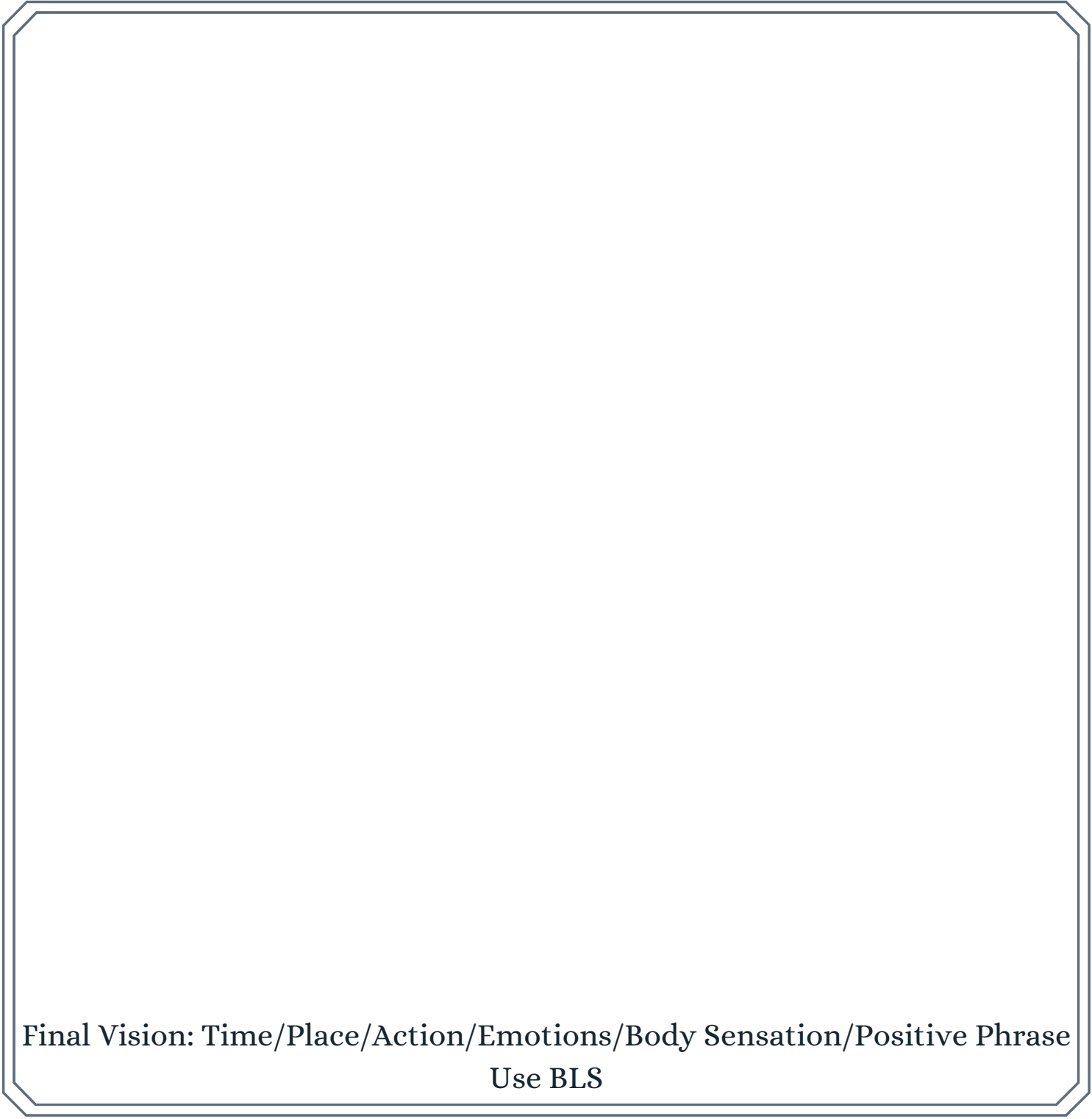
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# Future Self



**Final Vision: Time/Place/Action/Emotions/Body Sensation/Positive Phrase**

**Use BLS**

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# Steps Along the Way

What would we see you doing tomorrow?

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What would we see you doing next week?

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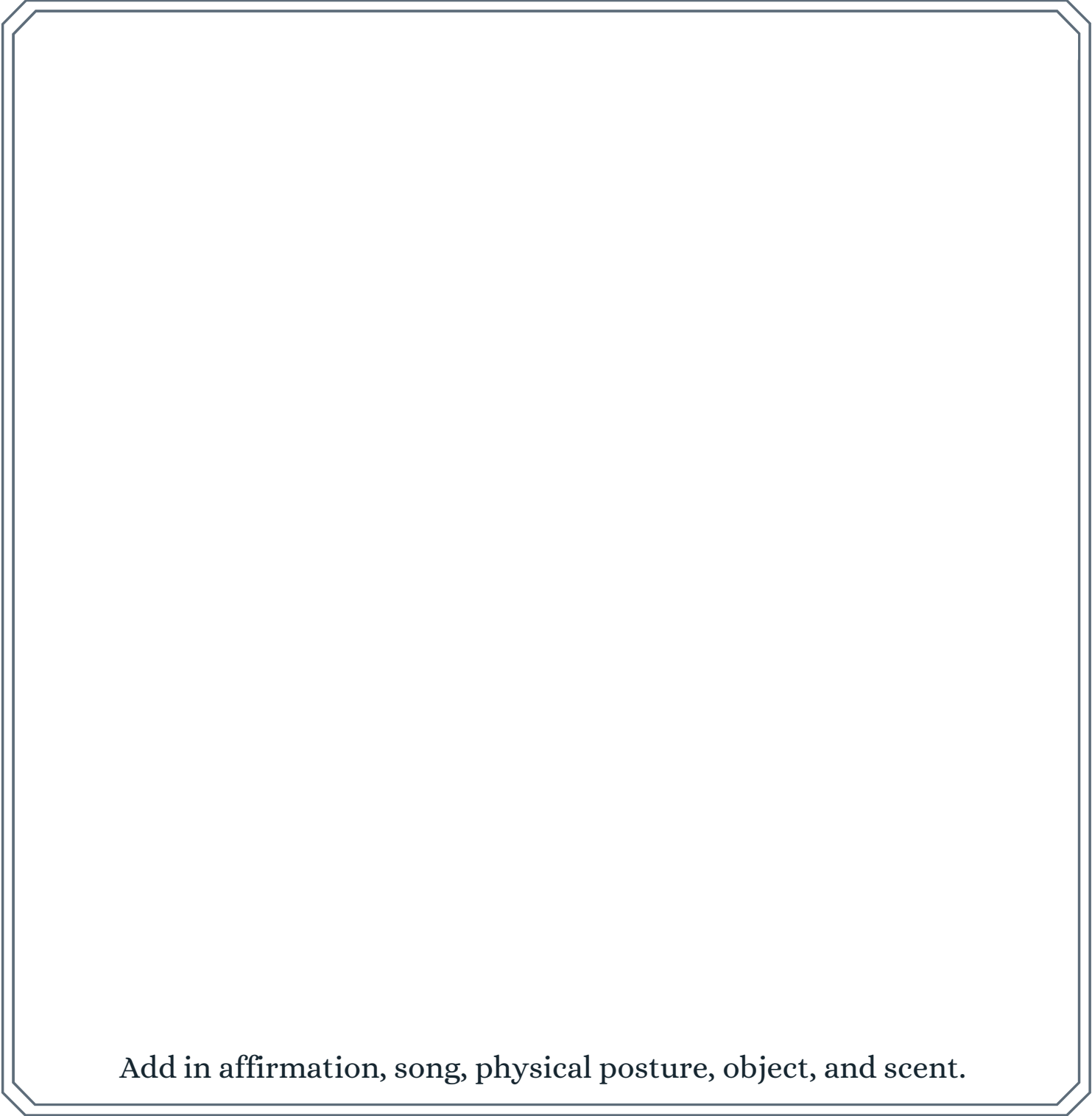
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# Steps Along the Way

What would we see you doing next month?

What would we see you doing next year?

# Scene of Future Self



*Add in affirmation, song, physical posture, object, and scent.*

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# Future Self Talking with Present Self

What is your future self saying to your present self?

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