Take Care of YOU

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Plant Seeds for the Future You Want

Every garden begins with a single seed. At first, it may not look like much, but with time, care, and consistent attention, it grows into something beautiful. Our lives work much the same way. The future we experience tomorrow is shaped by the choices we make today. But before you can plant the right seeds, it's worth asking yourself an important question: *What do I want my future to look like?*

That answer is different for everyone. It isn't just about where you'll live or what job you'll have. It's also about the kind of person you hope to become, the relationships you want to build, the adventures you hope to experience, and the life you want to create. Once you have that vision, you can work backward and begin planting the intentional seeds that will help it grow—one choice, one habit, and one day at a time.

Maybe you dream of traveling abroad, running a marathon, learning to dance, building new friendships, or becoming more patient. Whatever your vision, it is not likely to happen by accident. Like a garden, the future you want grows from the seeds you choose to plant now. Every positive thought, meaningful goal, new skill, and act of kindness is a seed that can develop into something extraordinary.

Imagine setting off on a road trip without a map. Most of us wouldn't. Yet it's easy to move through life hoping to arrive somewhere meaningful without deciding where we're headed. Create a personal roadmap through monthly, seasonal, or annual bucket lists. Include both big dreams and small joys. Then, write your goals down and break them into specific, measurable steps. Schedule your goals on your calendar and post them where you'll see them every day.

Eleanor Roosevelt famously said, *"Do something every day that scares you."* Another way to think about it is this: Do something every day that moves you toward the future you want. Do something that teaches you, stretches you, challenges you, or helps you become the person you would like to be. Over time, you'll begin to reap the harvest. The lasting rewards include a sense of accomplishment, lower stress, greater confidence, a stronger sense of purpose, and the satisfaction of knowing you're headed toward the future you truly want.

Questions to Help You Plant Seeds for Your Future

- What do I want my life to look like in 5/10/20/50 years?
- What kind of person do I want to become?
- What have I always wanted to do, learn, or experience?
- What routine and habits does my future self have?
- What do I want more of—or less of—in my life?
- What skills or knowledge do I need to develop?
- What impact do I want to make on my family, friends, workplace, or community?
- What seed can I plant today that my future self will thank me for?
- Who can help or encourage me along the way?