

CONNECTING TO THE POSSIBILITY OF AN “IMPOSSIBLE FUTURE”

What would an impossible future look like to you?

It’s a question I’ve asked many clients when coaching.



In his book “Masterful Coaching,” Robert Hargrove coined the term “Impossible Future.” My sense is that if we, as coaches, are in the business of helping people connect to their “Impossible Future,” we should be aware of—and working toward—ours.

Are you connected to your “impossible future?” I am! And, even though it has yet to manifest, I feel closer to it than ever. This year, I’m celebrating 15 years in business—that, in itself, is part of my “impossible future” unfolding!

You see, four years prior to starting my company, I was dealing with debilitating symptoms which resulted in me not being well enough to work. In fact, I was told by my family doctor and medical specialist that I would never be able to work again.



It was a very dark time in my life as the health challenge had forced me to leave a thriving and highly successful Human Resources career. My future potential in that field was as bright as it could be when it came to an abrupt halt due to severe symptoms.

At the time, I went on a quest to help heal my body, mind, emotions and spirit, as I’d exhausted all options with traditional medicine. I found and attended a program aimed at helping people dealing with various health challenges; meetings were held once a week for 10 consecutive weeks.

While the whole program was helpful, one activity was life-changing, as it helped me connect to hope (which was dwindling while dealing with my medical condition and news that I'd never work again).

The "dream day" activity involved imagining what life would be like on a given day with absolutely no barriers in place. We were to imagine that we'd just won a huge lottery, had become free of illnesses, and the sky was the limit to whatever we desired. The exercise involved a similar concept to vision-boarding except that it was documenting a specific day reflecting an "impossible future."



Adding to the basic development of a dream day, I call on my background as a Certified Practitioner of NLP (Neuro-Linguistics Programming) and use visualization. This involves tapping into all my senses as I envision and connect to it.

The dream for my life involves happiness and wellness—prosperity in all forms—for myself and my family, along with world peace, equality for all, and an end to global poverty.

Specific to a dream day, the activity completed years ago rolled out as follows, with my visualization aspects added, shared in present tense:

My husband, Michael, and I are living in our gorgeous dream home by the water. Upon awaking, we feel healthy and well—absolutely wonderful in body, mind, emotion and spirit.

I notice the sun shining through the window as its rays bounce off the water in front of our home.



We get ready for our amazing day, and the clothes that I'm wearing feel and look great on me! I feel the love between Michael and I as we hold hands walking excitedly to my dream car (his Porsche is in our garage!) We put our packed suitcases in the Jaguar and head out to meet our family for breakfast.

At the restaurant, which has a fabulous vista, everyone is having a wonderful time, laughing and connecting with each other as the aroma of scrumptious food envelopes the restaurant.

After a yummy meal, we kiss and hug everyone, then Michael and I drive to the airport, listening to our favorite music along the way.

Once there, we board a plane to a tropical island, where I'm booked to give a keynote address at a conference. I'm thrilled because this contract is linked to my passion and represents years of work, effort and positive belief in myself.



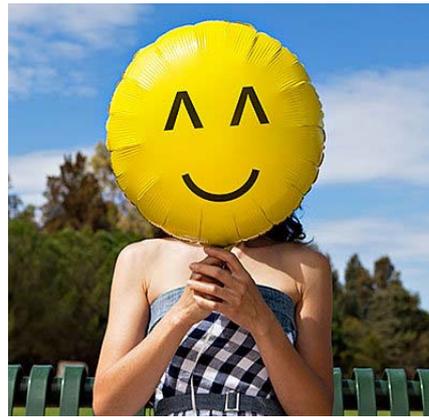
The flight is a smooth ride all the way. We take a taxi from the airport to our hotel and drink in the beautiful surroundings along the way. Upon arrival, I feel a bit of a dance in my footsteps as we walk into the gorgeous lobby to check in.

In our ocean-view room, I get ready and review notes, then Michael and I part ways. As a professional photographer, with a highly successful business, he scouts the island for some photo opportunities while I head to the venue to deliver my keynote address.

On arriving there, I take a few moments before going on stage to savor the experience: my dream day is actually unfolding before me! On stage, I'm speaking to a huge crowd and am TOTALLY in my element as I deliver my message with humor, passion and authenticity. The audience goes wild, they LOVE what I'm sharing—that's the wonderful part of visualizing: you see it as you want it!

Afterward, Michael and I meet for dinner at a restaurant with a spectacular ocean view. I excitedly share how great my presentation went, and Michael shows amazing photos he's taken.

We take a shoreline walk after dinner, holding hands, and sharing while walking. The moon is shimmering over the water and illuminating a twilight sky, which is slowly turning to midnight blue.



After our moonlit stroll, we return to our hotel room, and that's where sharing of my dream day with you ends.

Ahhhhh, how I love connecting to my dream day! It instantly takes me to a place of happiness, calm and hope.

My dream day has yet to be contracted; however, it is my delight to share that I get closer to it year by year—quite amazing given that it came to me at a time when it was a complete impossibility!

You might have noticed that I didn't share which tropical island my dream day unfolds on—that will be determined once the contract arrives!

What does your “impossible future” look like?