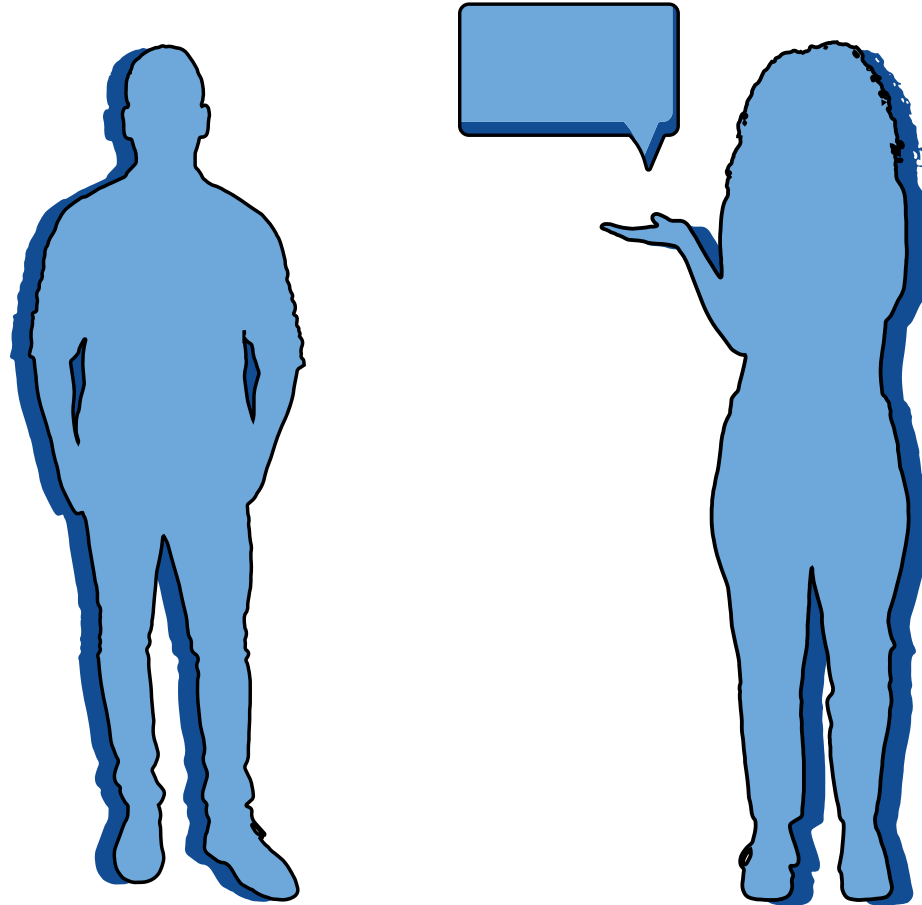


# PSYCHIC STORYTELLER



LEAD BY EXAMPLE

BELIEVE IN YOU

## THE OBJECT OF THE GAME IS TO TAKE TURNS TELLING A STORY ABOUT YOUR FUTURE SELF TO YOUR PARTNER.

1. Everyone starts out with a partner – working in pairs. One partner is “**A**” and the other partner is “**B**”.
2. The activity leader will give everyone a story prompt to begin their activity. For example, “Last Friday I met my future self at the grocery store. This is what they said to me...”
3. On the start signal, **Partner A** will begin to tell their story. **Partner B** will be an active and respectful listener.
4. After 30 seconds, the activity leader will call out “SWITCH!”
5. At that point, **Partner B** becomes the storyteller and **Partner A** will be the active and respectful listener.
6. Switch and changes roles 4 to 6 times.

WHAT'S THE POINT?!

## IT'S ABOUT BUILDING A VISION OF THE FUTURE!

- This is a companion activity to the Future Self 5 Day Journal at [believeinyou.com](http://believeinyou.com).
- Focusing on the Future Self is not new to personal development. We know that the more connected we are to a positive vision of our future selves, the better we'll treat ourselves today.
- This is the perfect activity to do before introducing the 5 day journals to students. It's breaks the ice and helps them get started.

MORE

## SAMPLE STORY STARTERS

- Yesterday, I met my future self at a bookstore. They were reading a book about \_\_\_\_\_ and recommended the same book to me. This is what they said...
- I just read a magazine article about my future self. You won't Believe what it said!

# FUTURE SELF

(Noun)

A vision that a person creates of themselves at any point in the future with developed characteristics and achievements.

---

**Imagine yourself in the future. You are courageous and kind.**  
What has your courage helped you achieve?  
How has your kindness helped others?

# SUCCESS

(Noun)

The accomplishment of  
a goal or defined purpose.

---

**You have the power to set your own goals.  
You have the power to define a purpose for your effort.**

What would it look like if your future self achieved a goal that you've been wanting to set and work toward?

If you knew that you would be a success, what purpose would you define for yourself?