Supporting Your Clients to Design their Future in Choice

For most people, the future looks like a mere extension of the past. Their expectation of what is to be is consistent with what has been - with a slight and predictable level of improvement.

In contrast to this, consider the possibility that the future lives as the realization of a promise. A promise your clients make to themselves and to the world. Their future will result from their expectations. The quality of your client’s future will be impacted by the commitments they have for it. It lives as a possibility. In other words, they get to invent it. In fact, your clients are well served to realize that they are the sole designers and architects of what is to be. And the result will be entirely consistent with their expectations.

Teach your clients that their future will be directly related to what they expect for it to be. If they expect their future to be worse than their current situation in life, they will sabotage themselves into making it turn out in alignment with this self-fulfilling prophesy.

If they expect more of the same results they have to date experienced in their lives, their apathy will generate a future consistent with this expectation.

And lastly, if their expectation is that their future will be better than their present situation, self motivation will result to bring about the positive outcome they envision.

An example of how such a positive or negative expectancy plays out to become a self-fulfilling prophesy can be seen with the common occurrence of a novice marathon runner who finds himself out in front leading the pack at the halfway point in the race. If his expectation is not to win the race, self-defeating thoughts (such as he is not worthy of winning or he has just been lucky to have got off to a good start) will take over. As a result, his expectation will result in him “choking” and being overtaken by another seasoned runner with a more positive expectation.

The same principle applies to the ghetto child who grows up with the expectation that life is about struggle and scarcity. As a result, this expectation will likely cause her to be blind to possibilities that a more positive expectation would allow for.

We get what we expect.

Encourage your clients to take full responsibility for expecting their future to be the way they want it to turn out. Support them to realize that they have consciously or unconsciously attracted everything that shows up in their lives to them. If where they are in life, the relationships they have attracted to them, their physical, financial, emotional
and spiritual states are not what they desire, challenge them to decide now to alter their course.

Support your clients to:
1. Change their expectations to align with their desires
2. Design a game plan for action consistent with their expectations
3. Make requests of those who can support their efforts in some way.

The future exists for each of your clients as a possibility. When they train themselves to first expect positive results and then to act in accordance with what they expect, they will set the stage for a bright and promising tomorrow. They have the personal power to create their future on purpose. The future can unfold out of their declaration of what they expect it to be like. To the extent they take responsibility to expect it, speak it so as to enroll others in its possibilities and then get into action to bring it about, they will be the force behind its realization.

It is important to teach your clients about The Circle of Sabotage. This circle begins with…

Their limiting or negative thought → (which leads to them)
Developing a limiting or negative belief that does not support them → (which leads to)
A limiting or negative habit → (which)
Creates similar experiences to further reinforce the cycle → (which creates)
More experiences which reinforce the negative or limiting thoughts …and the vicious cycle continues gaining momentum in the wrong direction, taking your clients further away from the person they want to be.

Challenge your clients with the following exercises for designing their future on purpose:

1) Have them document in their journals their expectations for their future in the areas of their health, prosperity, relationships and personal growth… Encourage them to be clear and specify the measurable results they expect.
2) Ask your clients to identify any negative expectations they may have which could sabotage their future results.
3) Have them consider what will it cost them to not achieve their expectations. For many, it is only by getting in touch with these costs that they will be able to achieve the self-motivation that will be required for them to do what is needed to reach their goals and visions.