

The Reporter Exercise

Instructions: This is an all or none sort of exercise. Either you fully embrace it or it won't work. The premise is this. It's five years from now and you're being interviewed by a reporter who is doing a story on your life. You are there with him in the future, answering his questions.

Answer each question as fully and with as much detail as you can. When I did this, each answer was at least a couple pages long. This isn't a single sentence sort of thing. Try not to look ahead at the questions. Take them one at a time and give yourself ample time to think about/answer each one. I spent about 6 weeks on this exercise because it would take me a few days to think about it and a few days to capture my vision, once I had it in my head.

What you'll find is that if you really immerse yourself in it, it becomes very real.

And for me....it became very true. I was astonished, once I actually identified where I wanted to go, how quickly opportunities began to present themselves to me. I'm not going to get all new age on you – but having clarity around the future that I wanted did help me create it much faster and easier than I would have imagined.

The questions:

Q: I know that you've worked in cool office spaces in the past, but I've heard that you have a great work environment now. What's different in this new season of your life? When I come to meet with you, what am I going to see?

Q: It sounds like you've had an amazing career and it also sounds like you've really chosen to live differently over these past 5 years specifically. What does your workweek look like now?

Q: As you've made this transition, some things have worked and some haven't. What are some things that you have learned from this process?

Q. I've talked to some of the people that you collaborate with and they love working with you. What types of people are you working with and what are those relationships like?

Q. I know that this last 5 years have been a transition time for you as your transitioned out of certain things and transitioned into others. Tell me more about the things you dropped and the things you started doing or doing more of?

Q. What products or services are you most excited about right now?

Q: Looking back over the last 5 years, what would you say are the things that bring you the most joy... and the most satisfaction?

Q: What would you want your child/children to learn about life from these past 5 years?

Q: Where do you want to go in your next 10 years to 25 years?