FIELD GUIDE
TO THE FUTURE
welcome to your brightest future

From school to work to life and everything in between, your life is full, and it will pass you by if you don’t stop watching it happen to you. To help you plan and own your life and your future, check out our handy field guide featuring many helpful exercises and tidbits that are your first step toward the life you really want.

When you’re done with the guide, give the Nourish staff a call for support in holding yourself accountable to your goals and brainstorming different ways of achieving them.

*recording coming soon*
This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.

I am of the opinion that my life belongs to the whole community, and as long as I live it is my privilege to do for it whatever I can.

I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake. Life is no "brief candle" for me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.

- George Bernard Shaw
*Going 20 years out into my future... What is my brightest vision for my life? For society?

What role do my habits play in this vision? What role does my leadership experience play? What role do I hope to play in society?

What do I think I will need in order to realize my brightest vision and fulfill my roles for the future?
What are my personal goals?

Free write some possibilities in each category, then turn them into goals by re-writing them as reality, in the present tense.

(Example)
Possibilities: 1. Live in 5 different countries
2. Freedom to travel (financial well-being & flexible work)
3. True prosperity in my life (financial well-being, deep and meaningful relationships, fulfilling work, & freedom to travel)

Goals: 1. My work sends me all over the world and I move on my terms
2. I work remotely (or, I have the time and financial security to travel regularly)
3. I live in prosperity; I’m not stressed about money, I am in healthy & vibrant relationships, & I do what I love all over

quality of life:

health:

emotional life:

character:
spiritual life:

love:

family:

community:

finances:

career:

life vision:

goals
What kind of leadership speaks to me?

Leaders I admire:

Qualities I admire:

Nourish Leadership Programs I Want + Need, & Why:

*Student or Alumni*

*Chapter Leadership*

*Voting Board Member Positions*

*Committee Positions: Programs, Communications, Fundraising, Summer Institute, Governance*

*Alumni Specific*

*Facilitate a Nourish Circle*

  *Nourish Circles: Alumni + Students that come together, accountability circles, topic-specific circles*

*Summer Institute Small Group Facilitators*

*Alumni Mentorship for a Chapter*
How Am I Going to Leverage My Nourish Experience?
How Do I Want to Community?

1. Listen for commitments
2. Listen for opportunities or feelings of “something’s missing”
3. Be present as my Charisma
What do I need?

What do I provide?
Charisma is a function of PRESENCE, being yourself, being where you are, with the people in front of you & doing exactly what you are doing. Here’s how you can access your power & distinguish yourself in any situation.

**My Charisma: What 4 unique qualities describe who I am as a contribution?**

- They are innate to me, not compensations. They are reflected in my wishes for others.
- They attract others to me, like a lighthouse.
- They take care of people & projects (like a harbor), without draining me. It gives me energy & lights me up to show up as myself, in my personal power.
- They are not just "how I want to feel." These are qualities are aspects of me, & I can access & share them regardless of my mood.

The more you fill up on your charismatic qualities, the more you can powerfully overflow into the areas that are most meaningful. List them at the top of the chart. Below that, list activities that provide you with the experience of each quality, so that you can stay filled up.
Goal #1

Actions to take this week

Actions to take this month

Actions to take this summer

Daily + Weekly Habits to cultivate, to make fulfilling your goals inevitable.
Goal #2

Actions to take this week

Actions to take this month

Actions to take this summer

Daily + Weekly Habits to cultivate, to make fulfilling your goals inevitable.
Goal #3

Actions to take this week

Actions to take this month

Actions to take this summer

Daily + Weekly Habits to cultivate, to make fulfilling your goals inevitable.
12 Qualities of Genius

Any time you want to elevate, uplift, or expand something, or if you feel stuck, you can bring a bit of genius to change everything. Use it to immediately shift conversations, make space for new possibilities, & add value, velocity, & levity.

Curiosity  
Playfulness  
Imagination  
Creativity  
Wonder  
Wisdom  
Inventiveness  
Vitality  
Sensitivity  
Flexibility  
Humor  
Joy
"Correcting oneself is correcting the whole world. The Sun is simply bright. It does not correct anyone. Because it shines, the whole world is full of light. Transforming yourself is a means of giving light to the whole world."

- Maharishi