

# See the Future in 3-D

*How to See your Future & Make Wise Decisions*

 **BARBARA KAY COACHING**

[www.barbarakaycoaching.com](http://www.barbarakaycoaching.com)

630.212.5460

[bk@barbarakaycoaching.com](mailto:bk@barbarakaycoaching.com)

## See the Future in 3-D

1. Problem: Human Myopia
2. Solution: 3-D Vision
3. 3 Steps to 3-D Vision



3

*Humans are powerfully pulled  
toward taking immediate  
**pleasures** and strongly averse to  
experiencing **any discomfort**.*

***And....***



4

*Humans are horrible at  
accurately envisioning the future.  
These two natural tendencies  
create a host of unproductive  
“Forecasting Errors”.\**

\*For more on *Forecasting Error* research,  
explore the work of Harvard psychologist Daniel  
Gilbert at: [Daniel Gilbert at Harvard University](#)



# The Problem & The Solution

Human Myopia & How to Build 3-D Vision



# Human Myopia

## *The Problem*

Things viewed from a distance don't look as big as they really are.

*This is the source of forecasting errors.*



# 3-D Vision

## *The Solution*

Shift perspective to see the future clearly. Now!

*The 3-D Vision technique reveals the present & future.*



# The 3-D Vision Technique

## The Set-up

1. Narrow your decision to 2 choices: *Which is better for me This? or That?*
2. *This* is what you are doing now or feel pulled to do now.
3. *That* is the alternative that *may* be an opportunity for a better future.

## Examples:

1. Keep up my current routine OR Start exercising & eating differently.
2. Stay in my current role OR Make the effort to find a new role.
3. Keep up my current pace OR Change the pace of my efforts.
4. Stick with my current skills OR Engage in skill building.



## Build 1-D: *Reveal Current Perspective*

### Identify Rewards of *This*:

1. List everything that is good and rewarding about doing *This*.

### Identify Aggravations of *That*:

2. List everything that is distressing, and difficult about doing *That*.

Make the items on each list different. Not mirrors of the same idea.

### Examples:

*This* is rewarding because:

“I don’t like exercising”, “Eating is pleasurable”, “It’ll take much more work to do *That*”, “I know what I have now. I don’t know about *That*”

*That* is difficult because:

“I have to make time to exercise”, “I hate being hungry”, “I don’t like to study”, “Moving to anything new is hard”

## Build 2-D: *Reveal Future Impact*

### Identify Aggravations of *This*:

3. List everything that is distressing, and difficult about doing *This*.

### Identify Rewards of *That*:

4. List everything that is good and rewarding about doing *That*.

Make the items on each list different. Not mirrors of the same idea.

### Examples:

*This* is difficult because:

“I will get old before my time”, “I don’t want food to control me”, “I don’t want to get bored”, “People will lose respect for me, if I appear lazy”

*That* is rewarding because:

“I’ll feel better when I’m in shape”, “I’ll like the way I look”, “I’ll feel proud of my accomplishment”, “More skills will expand opportunities”



## Build 3-D: *See Present & Future Together*

### See things in 3-D:

1. Check the lists & remove any mirrors or repeats.
2. Add anything that is missing, *especially* in list 3 & 4.
3. Review each starting at 1 and ending with 4.
4. Note how your perspective changes with the current & future clearly in view.

Current View



List 1 & 2

Future Impact



List 3 & 4

## Evaluate from a 3-D Perspective

1. Make a decision looking at all the impact, present & future.
2. Develop a commitment statement that will keep you on track.
3. *When you waver, review 1 – 4.*
4. Re-confirm or adapt your 3-D decision to deliver your optimum future

Current View



List 1 & 2

Future Impact



List 3 & 4

**Note:** *The order is important. The present view will naturally feel more compelling. That is why we shift from 1 & 2, to focus on 3 & 4. This brings the present & future into equal focus. Done correctly, this tool is a powerful technique to aid future success & happiness.*

## Evaluate from a 3-D Perspective

*And...*

if you struggle to do this on your own,  
contact me at:

[barbara@barbrakaycoaching.com](mailto:barbara@barbrakaycoaching.com)

It's hard to do “*cognitive restructuring*”  
by yourself.

Current View



List 1 & 2

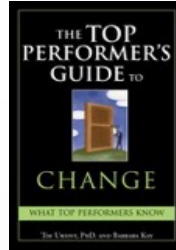
Future Impact



List 3 & 4

# Barbara Kay Coaching

Growth  
Teams  
Leadership  
Culture  
Productivity  
Communication



Individuals, Leaders, Teams, Organizations, Industry Partners