



VISUALIZING *THE FUTURE*

Your 5-Year Vision in 4 Simple Steps



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YOUR FUTURE

Visualizing the Future - Parent notes

Congratulations on taking the initiative to find new ways of supporting the young-adult learners in your life.

We are in an unprecedented time and they may be feeling more isolated than ever. Now is the perfect time for them to start thinking about their future hopes and dreams. This exercise will help get the wheels turning.

All they will need is some time, a blank sheet of paper, and willingness to explore some new possibilities. You will be pleasantly surprised by the results. Here is what a parent had to say after her son gave it a try.

"How truly shocked I was when I saw the notes my son took during his coaching session with Jim. I was AMAZED to see the clear thought and planning my son was putting into his future. Huge thanks to Jim Hood and Test Drive Your Future for helping him really think about what he wants out of his life moving forward."

-KC Stallsmith, mom

Starting the Conversation

You know your teen best so how you introduce this activity will be unique to you. As an example, here is one way you could bring it up:

"Things are changing quickly in the world of college and career paths. With all this time stuck at home, this is the perfect time to get some clarity about what you want in life. I found this really cool exercise that I think could be really helpful. You can try it on your own, or we can do it together. Are you willing to give it a try?"

Allow your young learner to read the instructions on the next page then let them have at it!

For a glimpse into what this exercise looks like in real life, check out this coaching session with Test Drive student, Max, and his mentor, Homer. In this session, Jim Hood walks them through the exercise and provides a framework for how it's done.

[Watch Here](#)



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Let us know how it goes! Did you connect in a new way? Was it really awkward? Do you need some more help or advice? Please reach out to us at jim@testdriveyourfuture.com with your results.

Getting Started

Set aside an hour where you won't be interrupted by texts and notifications.

Start the exercise on your own, or maybe with a friend. Then consider reviewing your results with someone you trust, like a family member or coach.

If you have questions or want feedback during the process, ask a parent, a mentor, or shoot me an email at jim@testdriveyourfuture.com.

Ready? Alright, here goes...

Imagine that it is five years from today.

You've just run into an old friend in a coffee shop. You haven't seen each other for a long time, so you decide to sit down and catch up. They say, "Hey! I haven't seen you forever! How are you doing?"

And you answer, "Things are AMAZING! As a matter of fact, I can't imagine life getting much better!"

They say, "That's awesome! Give me the deets. What's been happening that has been so good?"

Instructions:

1. Take out a blank sheet of paper, place it horizontally, and draw a line down the middle and another from side to side dividing your piece of paper into 4 boxes.



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2. At the top of each box, you are going to write down one of these categories, each representing a different area of your life. Pick your top 4, the ones that feel most important to you:

- Education/Career/Business
- Family/Friends
- Love Life
- Health/Wellness
- Finances/Money
- Home/Location
- Fun/Leisure
- Personal Growth



3. Once you have chosen your categories, make a list for each category of all of the things you would tell this old friend that has made these past five years so amazing! Make it as detailed as you can! (See the examples at the end of this PDF for some ideas to get started.)

4. Share your paper with a parent, mentor, sibling, or friend. Open up a conversation to talk about your answers. What surprised them that they never knew about you? What were you surprised to learn about yourself?

There are no wrong answers. As a matter of fact, it really doesn't even matter if you have the answers yet. The goal is to get your wheels turning and really thinking about what your future could look like. By the end of this exercise, you will either have a good idea of where you want to be in five years, or you will know the areas that you need to work on to gain that clarity. *And Test Drive Your Future can help you with both!*



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Chart Your Own Path

Building a solid roadmap for your future requires guidance and support to get you there with confidence. This, and more, is what you will get in the **Test Drive Your Future Experience**. It's sort of like a shortcut to success - *and is **less than what just one semester of books will cost you.***

It's an interactive online course that teaches young independent learners how to **choose a career path with confidence, clarity, and purpose**, *helping to save tons of unnecessary time, effort, and money!*

Now is the perfect time to get clear about your future.

If you don't know what you want to do, **we can help you figure that out**. If you do know what you want to do, but don't know how or what to do to get there, we can help you reverse engineer your goals to help you get from where you are now to where you want to be! Go grab the money-handler in your life and ask them (*politely*) to bust out the debit card, because **this is an opportunity you won't want to miss**.

During this “extended spring break”, we are offering this effective and dynamic course for 50% off

[Learn More](#)

“I was able to participate in Jim’s initial coaching session for the TDYF program with a high school student that I am mentoring. If I am being honest, the exercises we went through were as valuable for me as they are for students! This program will be a great starting point for any young adult looking to get a better idea of what they want and how to approach their future!”

- Homer S. Smith, Private Wealth Advisor

Get in the driver's seat of your life today!

[Enroll Now](#)



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Examples

Finances/Money

I was able to get my training online and work at the same time to pay for my classes while living at home so I am ready to enter the workforce without any student loan debt.

I apprenticed with a local marketing agency who hired me as a graphic designer and I'm now making enough to live on my own and begin to put aside a little extra for the future.

Love Life

My high school girlfriend moved away for a few years but is back and we are starting to make plans for our future together.

We are even thinking about an adventure... maybe a road trip.

Personal Growth

I feel really proud of the planning and I took. I test drove a possible career in graphic design before I took some classes and now I'm in a place where I can make a living and not have tons of student loan debt like most of my friends. I feel confident in my abilities to learn new skills and excited for the future.

Fun/Leisure

I've always wanted to travel and now that I have a job I can do from anywhere, I am planning my first trip. I've been spending a lot of time reading travel blogs and chatting on forums to get some good ideas



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Examples

Education/Career

I graduated with a four-year degree in biology with honors.

I completed a six-month internship with one of my top 5 dream companies and was offered a full-time position before I even finished school

Family/Friends

I met a great group of friends while in college who all love cycling and we have continued to stay in touch even though we are now scattered around the world! We meet once a year to do an annual bike ride together.

Home/Location

I currently live in a small apartment in Portland where I have always wanted to live. I don't need a car to get around the city and am close enough to bike to work everyday.

Health/Wellness

I've qualified for the Ironman triathlon and I'm in great shape.

I've got a local yoga studio I love to attend classes at



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