



latest word

issue 50

Spring 2017

Who is the Future You?

"The future depends on what we do in the present." Mahatma Gandhi

Hello, it's me, your future self ...

Well congratulations you made it to 2042, didn't those last 25 years fly by? It sure doesn't feel that long ago when you were rushing around driving the kids to classes and birthday parties, but they've grown up so fast.

The good news is that you did start looking after yourself, getting regular exercise, eating well and having regular checks ups. I know it was something you never quite got around to back in your late 30's/early 40's but you completely changed your ways and thankfully you're reaping those health benefits now. Well done you.

What's that? What about the finances? Well, you know the way there was always something to spend your money on, sure it was non-stop expenses with the children, holidays, a new car every now and again, the kid's orthodontic treatments, then it was college and of course you needed that house extension. It's no wonder you could never get saving for the future. Anyway, you did manage to improve your income, get control of your spending and get saving and thankfully accumulated enough through saving, some great investments and



pensions to secure yourself a reasonable income as you head towards your late 60's and 70's.

Every day, people from all walks of life, in every stage of life defer actions with long term consequences in favour of short term gratification. So who is the future you?

What did you think of those two future you scenarios? Did even a small part of you deep down think, that's unrealistic? Not impossible, just unlikely.

Let's say one of the two "biggies", *health* and *money*, applies to you. By that I mean, you consistently defer actions today with long term consequences, in the full belief that you will act, just not today!!

Maybe not full whole hearted belief but at least unconsciously expect that you will get your act together and the future will be okay. You will have good health and you will have reasonable income.

Or deep down, are you pretending not to see or imagine life as it could be if you keep doing the same things you're doing today?

In some ways, I've good news for you. You don't need to wait 25 years to meet the future you. Take what your doing now, fast forward it 25 years and begin to paint the

you are **FREE**
TO CHOOSE,
BUT YOU ARE NOT
FREE from the
CONSEQUENCE
OF YOUR **CHOICE**

picture of the future you if nothing changes. Why if nothing changes? because that is the most likely scenario. As humans, we optimistically believe that we can take the short term gratification now and we'll be disciplined later, but the evidence is that that is unlikely. What we do today is who we are and our futures are a function of today's actions, not some fantasy idea of who'll we be someday, *just not right now*.

We *rationalise* with ourselves about why not acting now is justified and it's ok to defer action. We can be great at convincing ourselves with rational-lies that it's ok and we feel better as a result and not compelled to act.

Government do it very well too, just look at the level of short term decision making in Ireland for the short term gratification of staying elected, and I wouldn't go rushing to condemn the politicians, they don't elect themselves.

So what? What does this all mean for you, and you, and you and and me?

It's an attempted wake-up call to say that the future you is a direct consequence of the present you.

If you're deferring action on looking after your health, looking after your finances or indeed any other area of your life such as relationships, then the future you is in progress and you don't have to be a genius to imagine the likely future you if you keep doing the same things and keep putting off doing what you need to do. You don't have to be a genius but you do have to be honest, forget rational-lying to yourself. All change begins with honesty.

What typically do we wish for each other every health, wealth and happiness?

Can I respectfully suggest you take three pages and entitle them "*the future you - health*", "*the future you - wealth*" and "*the future you happiness (relationships)*". Now take 10 minutes a page and imagine the future you, based on the present you, because that is the most likely scenario. That's just

30 minutes of your life to think and reflect. I think you deserve to give yourself at least 30minutes. Go to a coffee shop, take three pages, think and write. I'm not going to say *wake up and smell the coffee* but it did cross my mind 😊.

If you're honest with yourself, you may not feel too good about the picture you're painting but that's ok. To change your future, you need to change the present. If you're deferring that until a better more motivated, more disciplined version of yourself turns up, then I'm here to tell you, based on the psychological evidence, that that is unlikely.



That could be as simple as walking 30 minutes a day, 5 days a week. Medical studies have pointed to that simple action leading to a 30% lower risk of cardiovascular disease. That's not marginal, that's significant, or at least your better half or children will think so. Now, that's not the same as putting it off for 15 years and then walking 90 minutes a day, 7 days a week. So many of us are looking for the big heroic bouts of action but it's the consistent 5 minutes that holds the real power.

The bottom line - the present you is the future you - unless you change that presently.

You reap what you sow.



Last word

Thanks for taking the time to read our "latest word" Feedback on our newsletters is always welcome and gratefully received. joe@fwf.ie.

Contributions to our monthly Framework Financial Newsletter are made from our Business & Professional Development Expert, John Byrne. Email: john@mindcoach.ie Phone or Text: 086 8116101

Disclaimer: This information has been provided by **framework financial** and by third parties for information purposes only. Whilst every care has been taken to ensure that the content is useful and accurate, **framework financial** and any contributing third party shall have no legal liability or responsibility for the content or the accuracy of the information so provided, or, for any loss or damage caused arising directly or indirectly in connection with reliance on the use of such information.

framework financial:

Unit Ab1, Centrepoint House, Rosemount Business Park, Ballycoolin, Dublin 11
Phone: 01 - 8829938 Fax: 01 - 8829772 Email: info@fwf.ie
Joe McGuinness & Company Limited trading as framework financial is regulated by the Central Bank of Ireland

