

Worksheet Nine

Future perfect

This technique can be used individually or in team workshops. It works particularly well in situations where there is some existing positive experience to build on.

Step one

Create the 'future perfect'. Imagine the desired future you want to bring about. You wake up one morning, and there it is. Don't get caught up in how it happened. Instead, consider how you'd know that it has. Think about what you'd see, hear, touch, smell, sense, say. Really feel your way into it. Describe it to yourself.

Step two

On a scale of one to ten, where ten is the 'future perfect' that you've just imagined, where are you now?

Step three

Coaching – ask solutions-focused questions, like:

- What's helping you to reach that level already?
- What small steps would take you one point further along the scale?
- What would be the first tiny signs of progress?
- When and where does the future perfect happen already, even a little bit and even if it's an exception?
- What happens that makes that happen?

Once you've identified what's already working well, build on that to go forward.

Source: Jackson, P Z and McKergow, M.