

THE **DESTINATION FINDER**

STAGE SIX OF THE IMPACT MODEL: T FOR TRANSFORMATION

AIMS:

- Develop your appreciation of transformation as both a journey and a destination
- Encourage alignment between your journey and destination
- Help you decide which areas of your life you want to travel through on your journey
- Create a detailed visualisation of your desired destination.

THE
IMPACT
MODEL



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DESTINATION FINDER



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FIRST A STORY...

“TO KNOW THE ROAD AHEAD, ASK THOSE COMING BACK.”

Chinese Proverb

One day, as you are sitting in a café near where you live, enjoying your favourite coffee, your future self enters the café and sits in the chair next to you. After a few minutes of small talk, your future self opens a laptop and presses play on a video. On the screen, the video shows a place familiar to you, one you have visited many times in your imagination: your destination of transformation at the end of your journey of transformation.

After a short while, your future self plays a second video, a record of the journey that ended when they entered the café you are in.

“Is that how I get there? To my future?” you ask.
“Yes,” replied your future self, “that’s the journey I’ve just completed and the one you’re about to take.”

DESTINATION FINDER ACTIVITY

The Destination Finder begins with your desired destination of transformation—where, at this stage in life, you are the person you aspire to be, doing what you truly want, and living the life you envision. While it might seem unusual to start at the end of your transformational journey, not doing so would overlook one of your imagination’s greatest gifts: time travel. By harnessing this ability, The Destination Finder helps you visualise your ideal destination and the journey to get there.



STAGE ONE: CHOOSING YOUR AREAS

Your first task is to select the personal and professional areas from the table below that will shape your desired destination. Keep the following in mind:

- Focus on creating a destination that aligns with this stage of your life.
- Ensure your destination reflects your current priorities.
- It's perfectly okay to leave out areas that aren't relevant or important right now.
- Include an emotional 'pull factor' to boost your motivation for the journey.
- Work on this exercise both individually and with a trusted person.
- Complete an initial draft, then set it aside for 24-48 hours before reviewing it.
- Repeat this process until you're satisfied with your chosen areas.

AREA	NEED TO FEATURE AT YOUR DESTINATION? 10=definitely yes, 0=definitely no	THOUGHTS AND OBSERVATIONS e.g., why do I want/not want this area to feature at my desired destination? What is important/unimportant about it?
Yourself: identity, role and status; self-esteem and self-worth		
Home and family life		
Relationships – personal and professional		

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Work, career and professional development		
Health and wellbeing		
Financial		
Lifestyle		
Social		
Cultural		
Environment		

STAGE TWO: YOUR JOURNEY AND DESTINATION

- **Step One:** consider your present reality. How is your life right now? Describe yourself, what you do, and the life you are leading.
 - **Step Two:** using the insights gained from Stage One, establish your future, desired destination. Who would you like to be, what would you like to be doing, and what life would you like to be leading?
 - **Step Three:** establish a timeline of when this transformation might occur, i.e. when you have reached your destination. Is it a month, six months or a year?
 - **Step Four:** take some time to deepen the 'vision' of your destination. Make it a multisensory experience: imagine, engage and fully 'embody' this future state for yourself. Some questions you can ask are: What is happening? What do I see? Who am I now? What am I doing? What has changed? How have I changed?
- Speak as if your desired future were a reality, i.e. "This is who I am, this is what I am doing, and this is the life I am living."
- **Step Five:** from this future state, look back and describe the journey you took to get to your destination. Travel back through the stages you went through, speaking in the present as if you were there, e.g., "To get to this stage, I achieved this," or "To get to that stage, I achieved that."
 - **Step Six:** bring yourself back to the present—the now—and explore what this exercise has given you in terms of learning, understanding and insight. What actions will you take to start the journey that will take you to your desired destination?
 - **Step Seven:** approach this activity as a work in progress, regularly repeating it to maintain your progress.

What did you discover?

Depending on your starting point i.e., how well or otherwise you understood the concept of transformation as both a journey and a destination, what did you gain from the activity? Were initial suspicions about your journey and destination confirmed, or were you surprised by your discoveries? Whatever your findings, appreciate them because they will form the basis of your ongoing work (Step seven).