

Sneak Peak

An Activity from *The Grit Guide for Teens: Connecting to your Future Self*

Researchers have found that when participants were asked to make choices about future decisions while looking at a digitally aged version of themselves, they were able to think more clearly and concretely about the long term, and their tendency to favor short-term rewards was greatly reduced. Keeping these findings in mind, imagine yourself five years from now.

How might you look on Facebook, Instagram, or Snapchat (or whatever we might be using then)? Try to provide lots of details so the image is really clear. Now think about your grit goal and draw a picture of your future self, accomplishing this goal, or describe how your future self might feel once your goal has been accomplished.



Did picturing your future self help you? Why or why not? When thinking about your grit goal, see if you can focus on the long term as opposed to the short term. Ask yourself: In the future, what will really be important to me? When we can imagine, and connect to a vision of our future selves, we are more likely to be gritty and persevere.

For more information about *The Grit Guide for Teens*, please go to:

www.drbaruchfeldman.com/book

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