

## Standing in Your December

Simply NLP

What this is for

*The version of you standing at the end of this year already exists — in imagination.*

Visit it clearly enough and it starts to feel less like a guess and more like a memory of something not yet happened.

Before you start

*No materials needed. Ten quiet minutes, alone.*

- Find somewhere you won't be interrupted
- Eyes closed if that helps you picture clearly

The exercise

*Run it through fully, more than once.*

1. Picture December 31st — where you are, what's around you, who (if anyone) is there.
2. Notice what you're feeling as you stand there.
3. Run it through a second time. This time, notice what you'd see, hear, and feel in more detail.
4. Ask: what's the smallest true thing that would need to happen this week for that December to be real?

Your notes

*Jot whatever surfaces — full sentences not required.*

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What you noticed

*What felt different about December after visiting it, compared to before?*



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Your one next action

*One small thing, this week, that moves you toward what you saw.*

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