

Financial Wellbeing



See Your Future Self

As Yogi Berra stated, “The future ain’t what it used to be.”

Maybe that’s why research suggests that it’s easier to plan for the future when we have a clear picture of what our future self might look like.

If you have trouble picturing yourself with an older face, you can have fun with free imaging tools online. Find them with search terms like “age picture generator.”

You can also help yourself imagine the future with answers to a few questions like the ones below.

How do you expect your life to be in 20, 30, or 40 years?

1. How old will you be?
2. How old will people you care about be? Think of your parents, siblings, children, and friends.
3. What health conditions might you deal with? Think of health concerns that run in your family or community.
4. Will you be working?
5. What is something you look forward to?

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