



LOVE YOUR FUTURE SELF

...AND THE FUTURE SELVES OF OTHERS

How can you say you're loving yourself if you are doing things today that will jeopardize your health and spiritual/emotional well-being 10 to 20 years from now? That was the underlying question of this episode as we faced the fact that our culture conditions most people to prefer instant enjoyment and satisfaction over deferred gratification. It takes work not to cave in and live for the present. Use this *Crosswalk* to consider where you might need to do a better job loving your "future self" and the future selves of others as well.

LOVE YOUR FUTURE SELF

- **No regrets.** One of the worst things you can do to your future self is to leave yourself with regrets about who you are, what you haven't accomplished, how you've treated certain people, when you weren't bold enough, etc. *Finish this sentence. **By the time I am seventy-five years old I want to:***
 - *have had these experiences.* (Name three.)
 - *have completed these goals.* (Name three.)
 - *have weathered the storms of life with perseverance.*
 - *be healthy enough to engage in life vigorously.*
 - *be looked up to as a good example.*
 - (Add your own here)... _____

In order to avoid regrets you will have to start planning now how to take action in each of the above areas. Go back through your responses and consider what changes you might have to make, what goals you will have to set, or what help you might need.

LOVE OTHERS' FUTURE SELVES

- **Don't leave messes** behind others have to clean up, like junk in your attic others have to figure out what to do with. This is also an analogy for many other things. Think about that.
- **Help people trust.** It's hard to trust people if you've been the victim of broken promises, or blindsided with troubling revelations, or the subject of unfair criticism or gossip. So help the future selves of people in your life to be able to trust you and others by avoiding these and other forms of mistreatment.
- **Faithful friendship.** All people need the help of a friend who is good and brave enough to speak the truth if it will help the person avoid a terrible mistake, or who will be there offering anything they need to endure a terrible event, or who can simply forgive and encourage.

