Leading Well Strategies

THE FUTURE WALK

Quick Reference Guide: Questions for Each Walk Type

THE NON-NEGOTIABLES FOR EVERY FUTURE WALK

✓ Leave your phone behind (or place on Do Not Disturb)

✓ Walk outside if possible (nature amplifies the benefits)

✓ Solo or with one person

✓ Moderate, conversational pace

✓ Write immediately after (capture insights *on paper*)

DAILY FUTURE WALK (10-15 minutes, solo)

Antidote to: Reaction (daily fires and urgency) **Time Focus:** The same day

Primary Question: "What's the ONE thing that matters most today?"

Alternative Questions:

- "How do I want to show up in my next interaction?"
- "What am I reacting to that I need to let go of?"
- "What decision do I need to make right now?"
- "What's pulling my attention that doesn't deserve it?"
- "What actually needs my energy most the remainder of my day?"
- "What is my #1 priority today?"
- "What am I avoiding that I need to face today?"

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WEEKLY RECONNECTION WALK (20-30 minutes, with partner/spouse/key person)

Antidote to: Relational drift and misalignment **Time Focus:** The week ahead

Primary Questions:

1. "What's most important to you this week?"
2. "How can I support you?"

Alternative Questions:

• "What do we need to align on?"

• "Where do we need to be more intentional this week?"

• "What's one thing I could do differently that would help you?"

• "What's weighing on you that I should know about?"

STRATEGIC FUTURE WALK (20-30 minutes, solo or paired)

Antidote to: Survival mode and burnout **Time Focus:** The next 30-90 days

SOLO:

Primary Question: "What's the one strategic priority I need to protect over the next 90 days?"

Alternative Questions:

- "What would make the next 90 days a success?"
- “What are my top 3 priorities this quarter?”
- "What's the most important thing I need to focus on right now?"
- "Where do I need to be more intentional in the next 90 days?"
- "What's one thing I need to change to stay aligned with what matters most?"
- "What needs my attention that I've been avoiding?"

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PAIRED (with colleague):

Primary Question: "What's a different way of looking at this challenge?"

Alternative Questions:

- "What's the most important thing we need to focus on together?"
- "Where do we need to be more intentional as a team?"
- "What would success look like 90 days from now?"
- "What are we missing with this decision/problem/opportunity/challenge?"
- "What needs to change that we've been avoiding?"
- "What's one correction we need to make together to stay aligned?"
- "Where do our perspectives align, and where do they diverge?"

VISIONING FUTURE WALK (30-50+ minutes, solo or paired)

Antidote to: Drift and losing sight of your long-term purpose **Time Focus:** 3-5 years from now (or beyond)

SOLO:

Primary Question: "Who do I want to be 3-5 years from now?"

Alternative Questions:

- "What legacy am I building?"
- "What does success actually mean to me?"
- "What would I do if I knew I couldn't fail?"
- "What matters most when everything else falls away?"
- "What story do I want to tell about my life?"
- "What am I building that I'll be most proud of?"
- "What does my future self need me to do now?"

- "What do I want my life to look like in 3-5 years?"
- "What do I want to be known for?"
- "If I could design my ideal day 5 years from now, what would it look like?"
- "What have I learned that I'm not applying?"
- "What's the narrative I want to create going forward?"
- "How do my daily actions align with my long-term vision?"
- "What do I need to let go of to move forward?"
- "What commitment am I ready to make?"

PAIRED (with spouse/partner/colleague):

Primary Question: "What do we want to build together over the next 3-5 years?"

Alternative Questions:

- "Where do our visions align? Where do they diverge?"
- "What values do we share that should guide our decisions?"
- "What would we create if we had no constraints?"
- "What legacy do we want to leave together?"
- "What does our shared success look like?"
- "Where and how do we want to be 3-5 years from now?"
- "What are we building together that we're most proud of?"

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QUICK REFERENCE TABLE

Walk Type	Duration	Time Focus	Best Question
Daily	10-15 min	Same day	"What's the ONE thing that matters most today?"
Weekly Reconnection	20-30 min	The week ahead	"What's most important to you this week? How can I support you?"
Strategic (Solo)	20-30 min	Next 30-90 days	"What's the one strategic priority I need to protect over the next 90 days?"
Strategic (Paired)	20-30 min	Next 30-90 days	"What's a different way of looking at this challenge?"
Visioning (Solo)	30-50+ min	3-5 years	"Who do I want to be 3-5 years from now?"
Visioning (Paired)	30-50+ min	3-5 years	"What do we want to build together over the next 3-5 years?"

For more resources and tools, visit leadingwellstrategies.com

The Future Walk: Stop reacting and start building the life you're working for.