Rosina Andrews

METHOD

VISUALISING YOUR SUCCESS

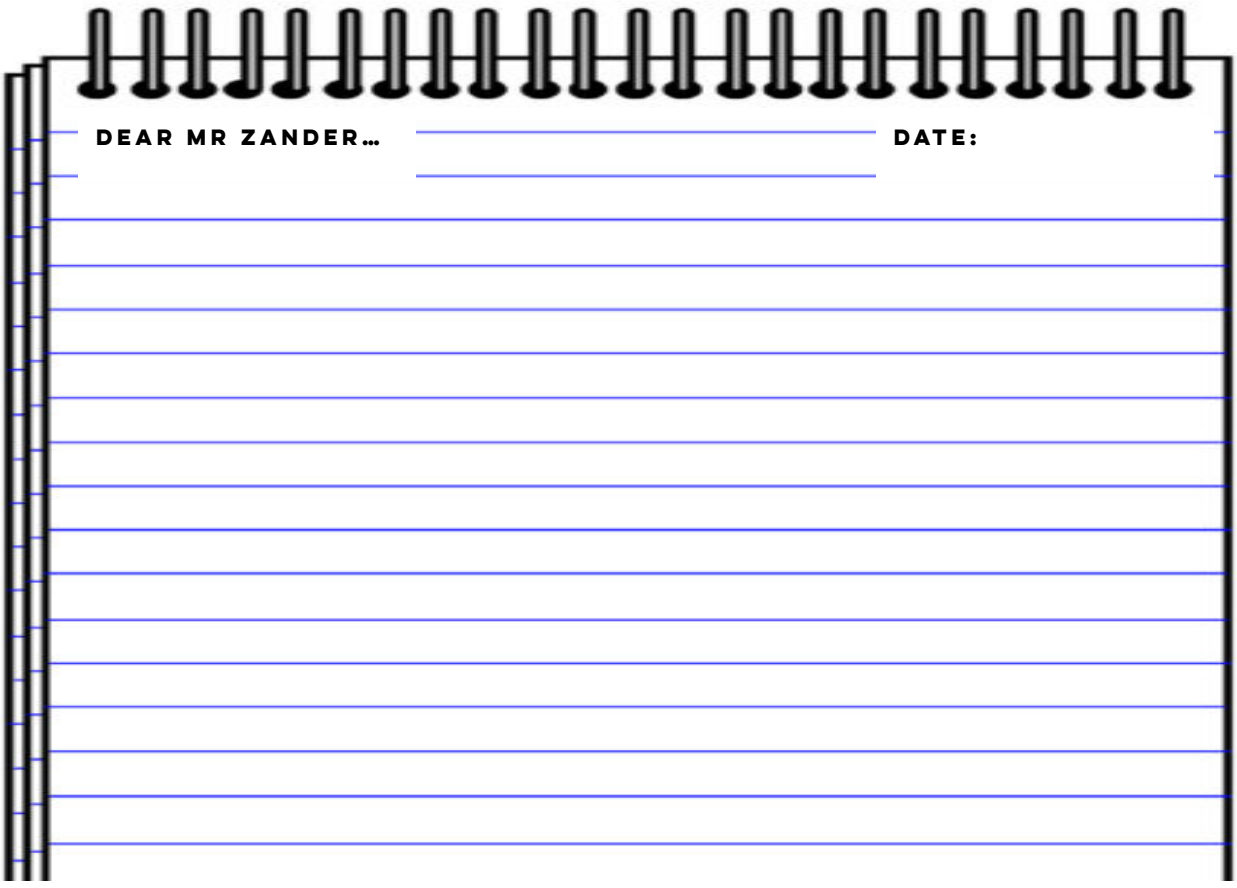
'Benjamin Zander tells his students that their grade for the year is an 'A'. This is on the condition that his students write a letter to him within the first 2 weeks of starting the course, but the letter must be dated next May. In this letter he asks his students to state what they did to achieve the 'A' grade, and to write about the person they will have become by the end of the course'

This approach challenges people to start a journey that is as important as the destination, encouraging people to think about their unfulfilled potential and who they could be, and consciously identify the specific actions they need to take. This is a challenge to start working towards a courageous goal with the belief that anything is possible.

TASK

Write a letter to Mr Zander placing yourself in the future, looking back and write about everything you've achieved as if those accomplishments were already in the past. Be as detailed as possible, what steps and decisions you've taken over this time to be successful.

You can choose either to date the letter;

- a year from now
- a date of which you know you will be receiving a result from an exam or competition
- a date of which you'd like to have achieved a goal

Your letter should not include the future tense, phrases like I hope to, I plan to or I will are not allowed!