

**A DAY IN THE FUTURE  
A GUIDED IMAGERY/VISUALIZATION EXERCISE**

- 1. HOME ENVIRONMENT:**
- 2. WORK CLOTHING:**
- 3. TRANSPORTATION TO WORK:**
- 4. WORK ENVIRONMENT:**
- 5. WORKING CONDITIONS:**
- 6. WORK NEEDS:**
- 7. CO-WORKERS**
- 8. LUNCH TIME:**
- 9. MARITAL AND FAMILY STATUS:**
- 10. EVENING ACTIVITIES**