

# EXERCISE 1: How fast does my time fly?

## Think back 5 years

Sit down in a comfortable chair and think back 5 years.

Ask yourself these questions:

- How old was I?
- Where did I live?
- Was I living with someone?
- Did I have children?
- How old were they?
- How did I use my leisure time – In the morning?  
In the evening? At weekends?
- Where did I work?
- What position did I have?
- Which skills did I have then; and have I developed them since?
- What types of technology were used in my company?
- Which technical aids did we use at home?  
Have we acquired new ones since then?

Did the last 5 years go by quickly, or did they pass slowly?

You will probably feel that they went by quickly – and at the same time, that it was long, long ago, because so much has happened since then.

## Think ahead 20 years

Imagine that you are 20 years older.

Add 20 years to your present age.

How old would you be?

With this in mind, you probably cannot imagine anything more important than making the most of the time ahead. Try to imagine that in 5 years from now, you are 20 years older.