**BUILDING A BETTER FUTURE PERSONAL LIFE**

BBC News - How thinking about 'future you' can build a happier life
<https://www.bbc.com/worklife/article/20220201-how-thinking-about-future-you-can-build-a-happier-life>

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|  | [How thinking about 'future you' can build a happier life - BBC Worklife](https://www.bbc.com/worklife/article/20220201-how-thinking-about-future-you-can-build-a-happier-life)Take a moment to imagine yourself in 10 years. Depending on your age, you might have a few more grey hairs and wrinkles, and you might hope for some changes to your material circumstances, too.www.bbc.com |