

# Fighting "Hyperopia"

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# A Useful Framework...

Reflect on future feelings



# Reflect on Future Feelings



**Hershfield, Goldstein, Sharpe, Yeykelis, Fox, Carstensen & Bailenson, 2011**

# Reflect on Future Feelings

mit media lab

Can you tell me the rewarding moments in your career?

fluid interfaces  
Project

**Future You: An Interactive Digital Twin System for Self-Reflection and Personal Growth**

One of the most rewarding moments in my career was when one of my students came back to visit me after he...  
© Pat Pataranutaporn

Research

<https://futureyou.media.mit.edu>

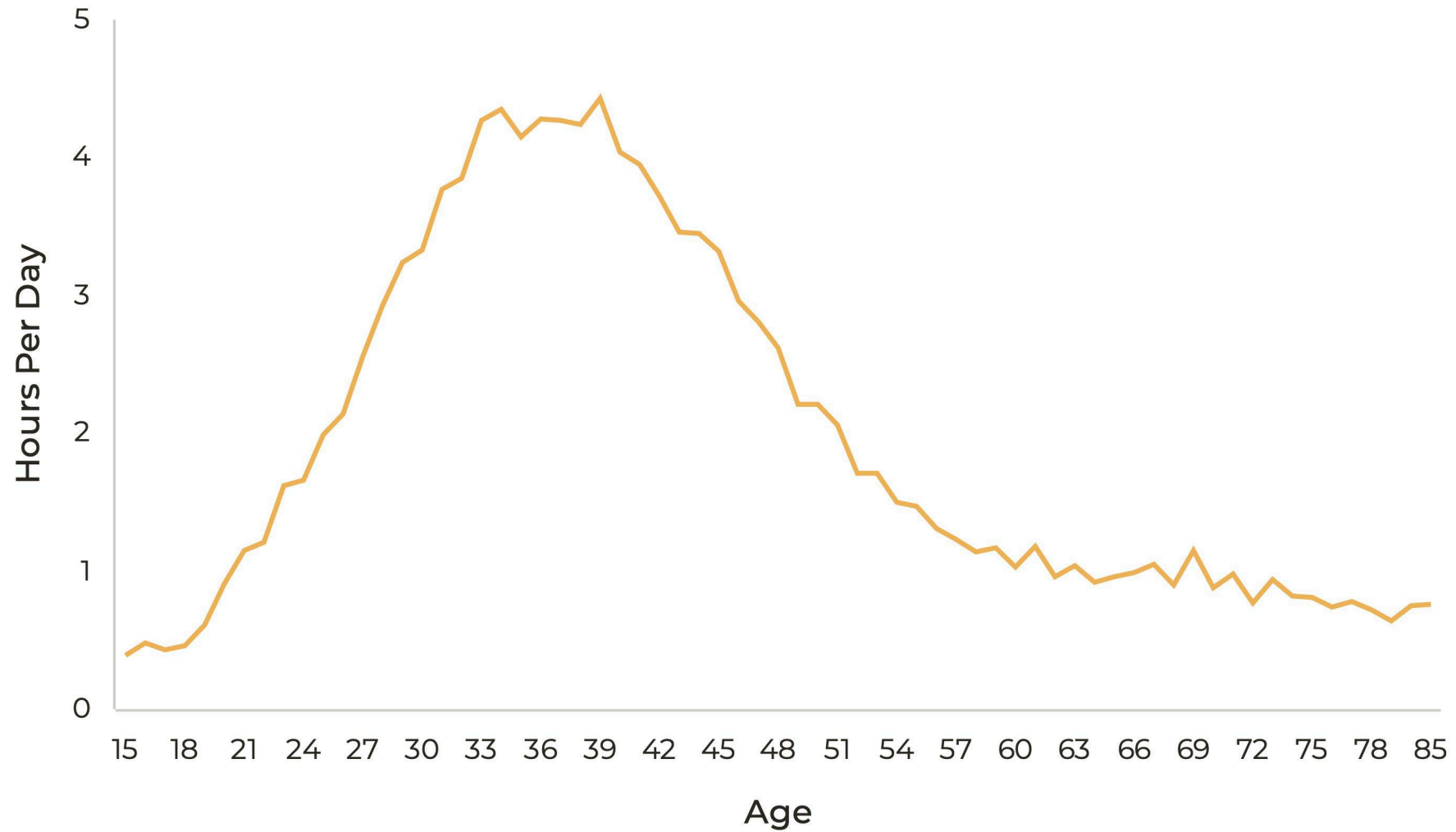
# A Useful Framework...

**Reflect** on future feelings

**Envision** regrets

**Leave** the zone of comfort

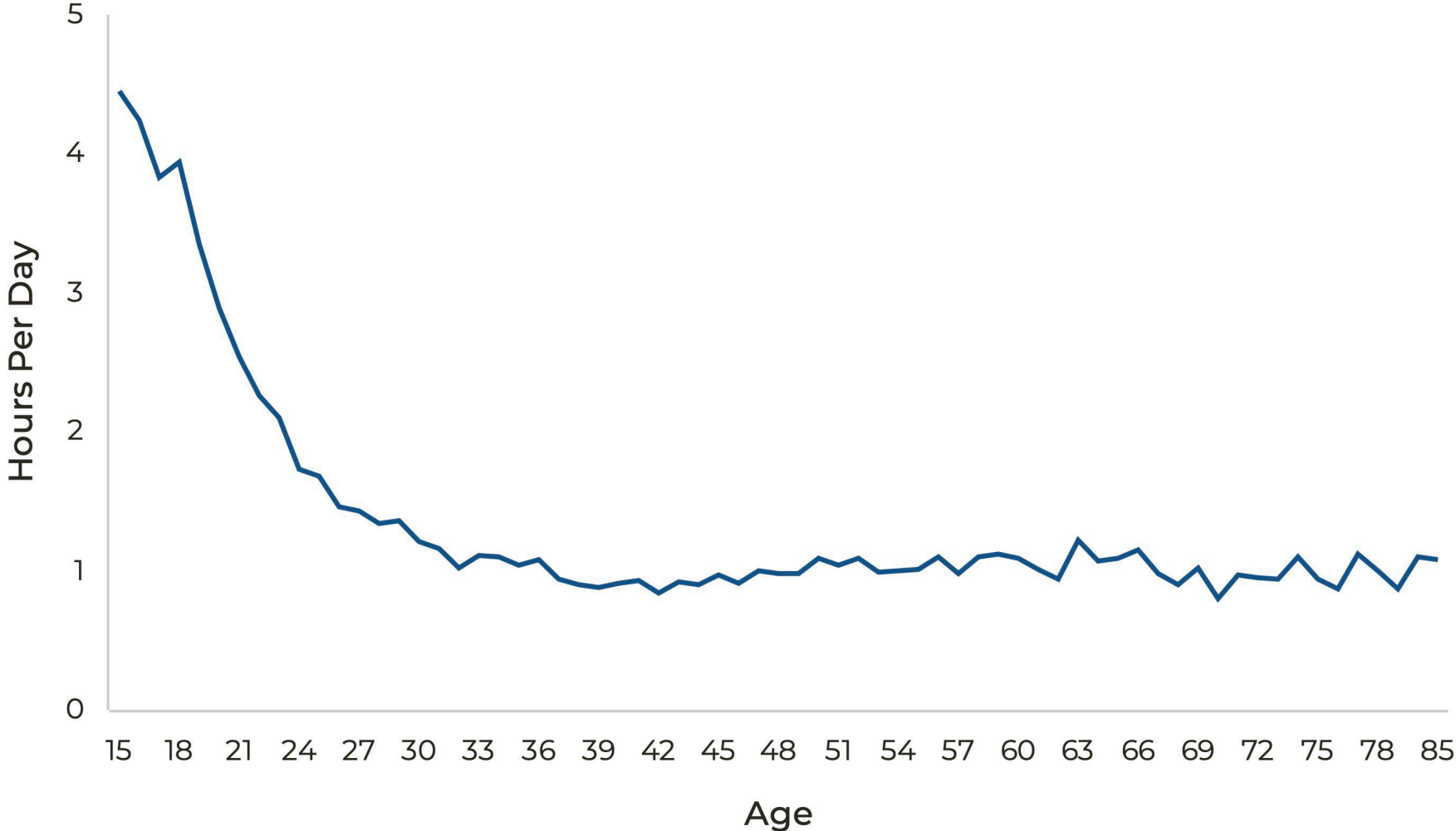
# Time Spent With Children



Source: American Time Use Survey, Our World in Data

h/t: Bloom, 2025

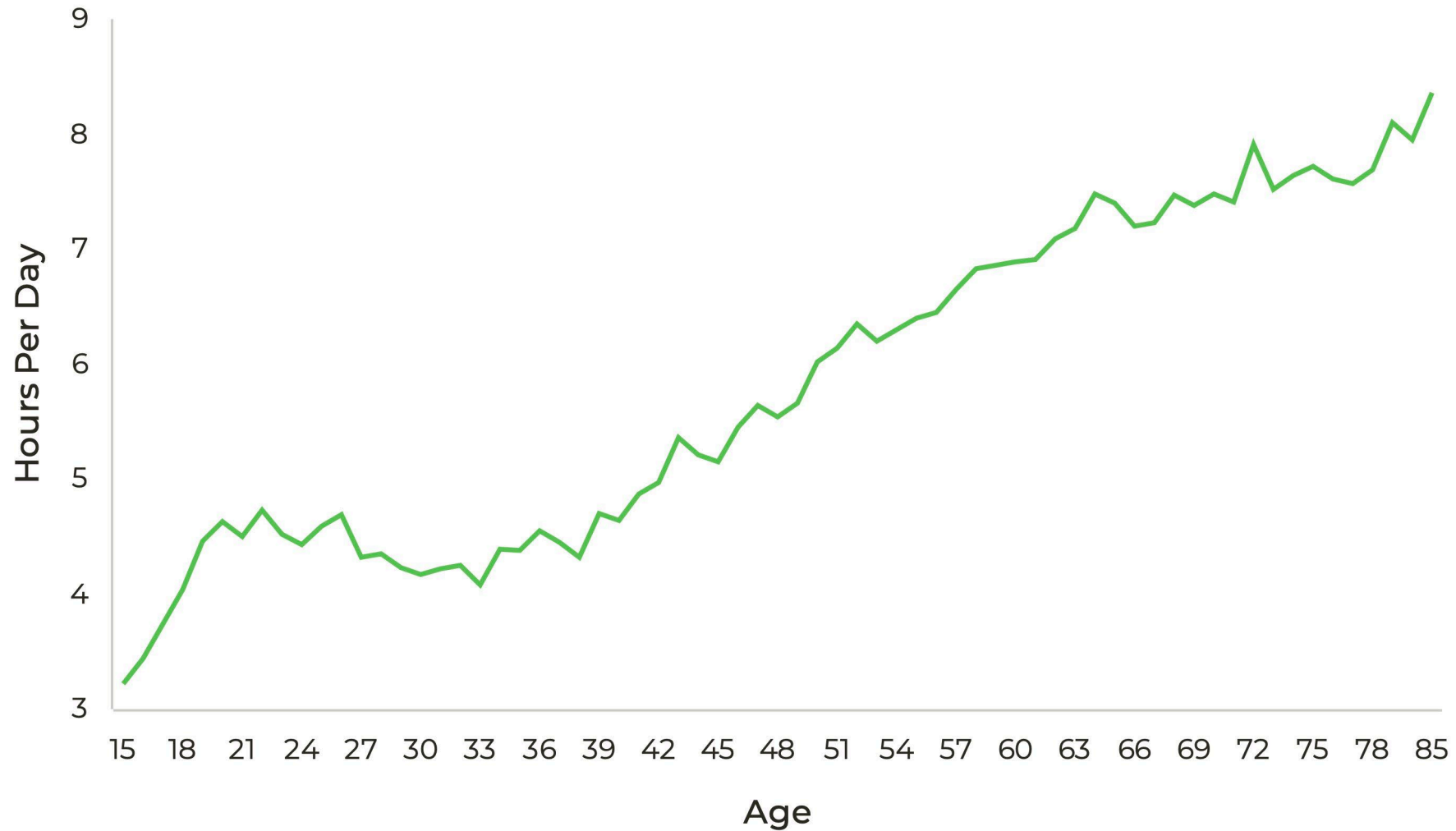
# Time Spent With Family



Source: American Time Use Survey, Our World in Data



# Time Spent Alone



Source: American Time Use Survey, Our World in Data

h/t: Bloom, 2025

# A Useful Framework...

**Reflect** on future feelings

**Envision** regrets

**Leave** the zone of comfort

**Act** now, enjoy later

for individuals | [for groups](#)

A background image of a man with glasses and a beard, shirtless, pouring water from a bottle into his mouth. The scene is set outdoors, possibly at a beach or near water, with a bright, hazy sky. The man's face is in profile, looking upwards as he drinks. Water droplets are visible in the air around his mouth and on his arm.

Ready to **finally stickK**  
to your Commitment?

I commit to

Select your Goal... ▼

GO

# A Useful Framework...

**Reflect** on future feelings

**Envision** regrets

**Leave** the zone of comfort

**Act** now, enjoy later

**Xpect** satisfaction



“The rare book that  
will change whom you  
see in the mirror.”  
—Daniel H. Pink,  
author of *The Power  
of Regret*



# YOUR FUTURE SELF




How to Make Tomorrow  
Better Today

HAL HERSHFIELD

# Fighting Hyperopia

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