

Future-Self Visualization Worksheet

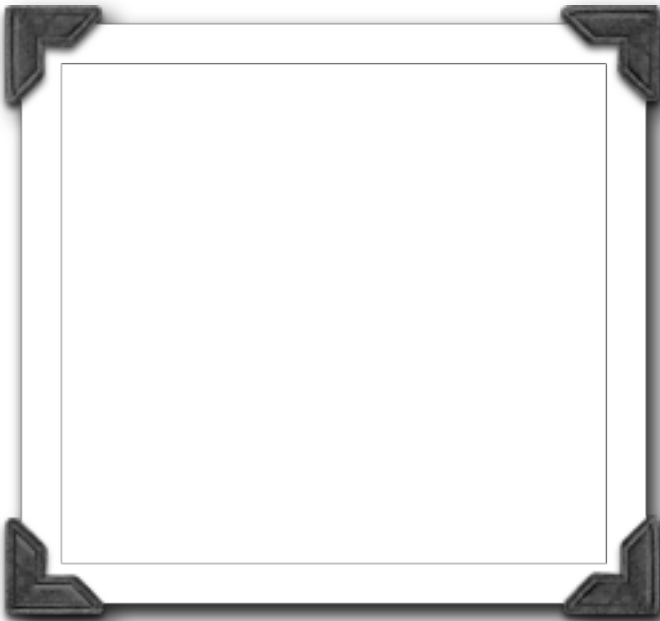
Page 1 — Your Future-Self Experience

My Future-Self's home Describe your future-self's home or dwelling. What did it look like inside?

Me as my Future-Self Describe your future-self— your clothing style, your demeanor, your overall essence.

Picture your Future-Self's home/dwelling

Draw a picture of what you saw as the home or dwelling of your future-self.



Your Questions What questions did you ask your Future-Self? What answers did your Future-Self give you?

What do you need to know to get you from where you are now to your future-self?

What did you remember most about the last 10 years? What was most helpful in getting you there?

What other name does your Future-Self go by?

What else was significant for you about this Future-Self experience?

As you review your notes from your Future-Self Visualization, it's important to remember the connection you had to your future-self. That connection is what will help you create goals that mean something to you—goals that you'll want to be committed to versus something you say that falls away into thin air. The deeper the connection to that goal, the easier it will be for you to create a plan to turn your goals into realities—and the more you'll want to take action and make those goals happen!

Take a few minutes to focus yourself on the goals you want to turn into reality.

Top 3 Goals/Wants *Based on what you just learned about your future-self choose 3 things you want to work towards in the next 3 months. (i.e. goals or character traits)*

Alignment *How do each of these 3 things align you with your future-self?*

Be-ing *Who do you need to **be** in order to achieve these 3 things?*

Commitment *By when are you committed to achieving each goal or being fluent in each character trait? (Hint: An actual date will help get you started; you can be flexible with the date as you get closer to it)*

Support *As you move towards your future-self, you'll want to utilize your support system to help you when you run into obstacles. Take a moment now to get clear on who you want in your support system, and how you want that system to work for/with you.*

Practices *What practices will support you in reaching your desired outcome if practiced on a weekly or daily basis? (e.g. Meditation, Time with kids/family, Getting up at 6AM, Using an electronic calendar)*

Reward *Congratulate yourself! You've just created a plan to move into action towards being your future-self. Take a moment to acknowledge yourself for the steps you've taken and the commitment you've made. You are worth each step and worthy of praise. Take a moment to make a list of meaningful rewards for yourself as you embark and continue upon your journey towards your Future-Self.*
