



# YOUR Future Self

According to a recent article by Amy Blashka in Forbes, "Science tells us that **the better we visualize the future we want, the better our chances to make it happen.** Research from Oxford and Cambridge suggests that your ability to vividly imagine details about a bright future dramatically increases your energy and momentum, leading to constructive action. Additionally, visualization allows us to feel the positive emotions associated with our future goals, which boosts our motivation to achieve them."

Before we can create a home office that supports your future self and her goals + dreams, you first have to imagine WHO that future you is going to be.

Take some time with this one and have fun with it! Remember to dream big in this exercise, even if it seems impossible. The more specific you can be, the better. Imagine all aspects of you in the future- your business, your relationships, your health, your wealth, your home and more. Write down the time frame "future" means to you- start with anywhere from 1-3 years. The most important thing to remember? YOU are the biggest limit to your future self, so don't hold back.

Who do you want to be?

# My Future Self

Today's Date:  
Future Date:

Use the following pages as a guide to make notes about each area of your life. There are some topics listed to get you started, but also some left blank so you can fill in your own ideas.

My Health

My Business

My Family

My Finances



# My Future Self

Today's Date:  
Future Date:

My Relationships

My Home

My Personal Development

My Joy + fun



# My Future Self

Today's Date:  
Future Date:

My \_\_\_\_\_

My \_\_\_\_\_

My \_\_\_\_\_

My \_\_\_\_\_





# Letter from My Future Self

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Now, write a letter from your future self to your present self. What kind of advice and encouragement would future you give now that she's accomplished all the things you listed above?

If you've achieved the success you dream of, what will you have manifested or achieved? What obstacles did you have to overcome? What patterns of thinking or limited beliefs did you have to conquer? What kind of growth had to happen in order for you to get to this point in your life? What would future you say to current you when you feel like giving up? How do you want to feel in one, two or three years from now after reaching this point?

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Today's Date: \_\_\_\_\_  
Future Date: \_\_\_\_\_

[illegible]

Today's Date: \_\_\_\_\_  
Future Date: \_\_\_\_\_

Future Date:

[illegible]