

WORKBOOK

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Meet Your Future Self

Use this workbook with the guided journey meditation.

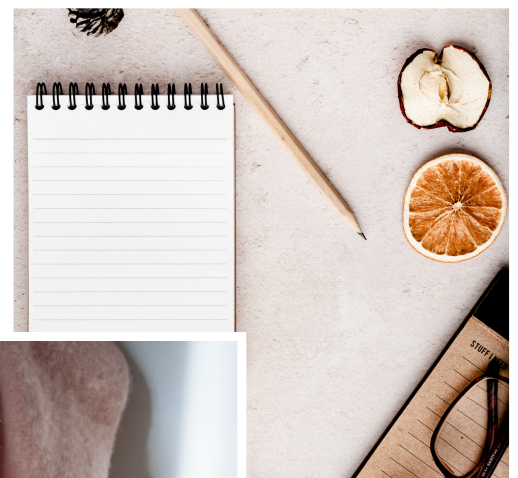
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Your Future Self

One of the best visualization techniques I've found to really set in your desires and bring to life the future you of your desires. This could be how you feel, look, your energy (happiness) and health. You may include your work environment, hobbies, a new business or even writing + publishing a book. Where you live and details of your home and community are great to include. Details of your home, colors, decor or minimal and simple. Other important details to include are your ideal day, morning routine, 'work day', family/friends, cooking, gardening, exercise or other important future self items you wish to include. Go all in and visualize what you truly want! I love this exercise as it is one of the most motivating for each area of your life you wish to focus on. It's important to write out your future self and visualize it as if it's in the present. Use the guided visualization meditation

until the picture and feelings of your future self until it becomes part of your every day vision.

This will help you stick to your plan: financial, health, self-care, time and energy spend, career, education and anything else you desire + want. You can add more details each time you revisit your memory. One key is to use your senses. Feel, smell, see, hear and taste your future.



Deep dive - Future Self

You know that a shift needs to occur for present you to become future you. To embody your highest self, reconnect with your true self, and create a bond with your intuition like never before. Use the accompanying worksheets to document and reflect on your experience.

Describe your future self.

What did they look like? what were they wearing? How did they carry themselves? How did you feel around them?

Describe your future home.

What did the outside of your home look like? What color was the front door? What did you notice about the interior decor? What colors were you surrounded by?

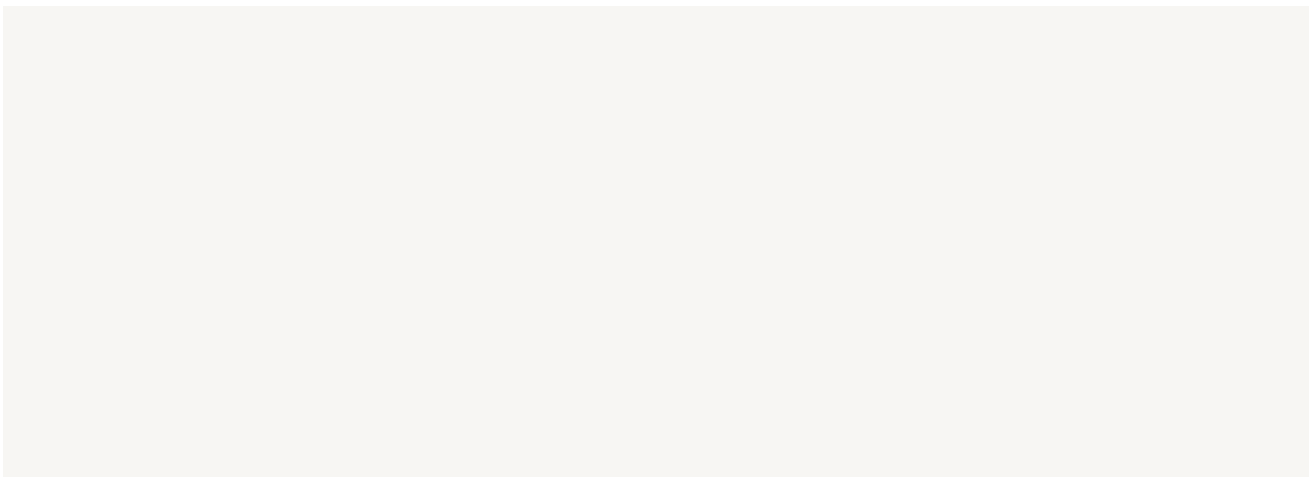
Deep dive - Future Self

You connected with the energetic field of a potential future self.

Remember, there are many timelines and many possibilities. This is a meditation that I recommend you do not repeat multiple times, accept the lesson it held for you. What you experience will hold the lesson you need in this moment in time.

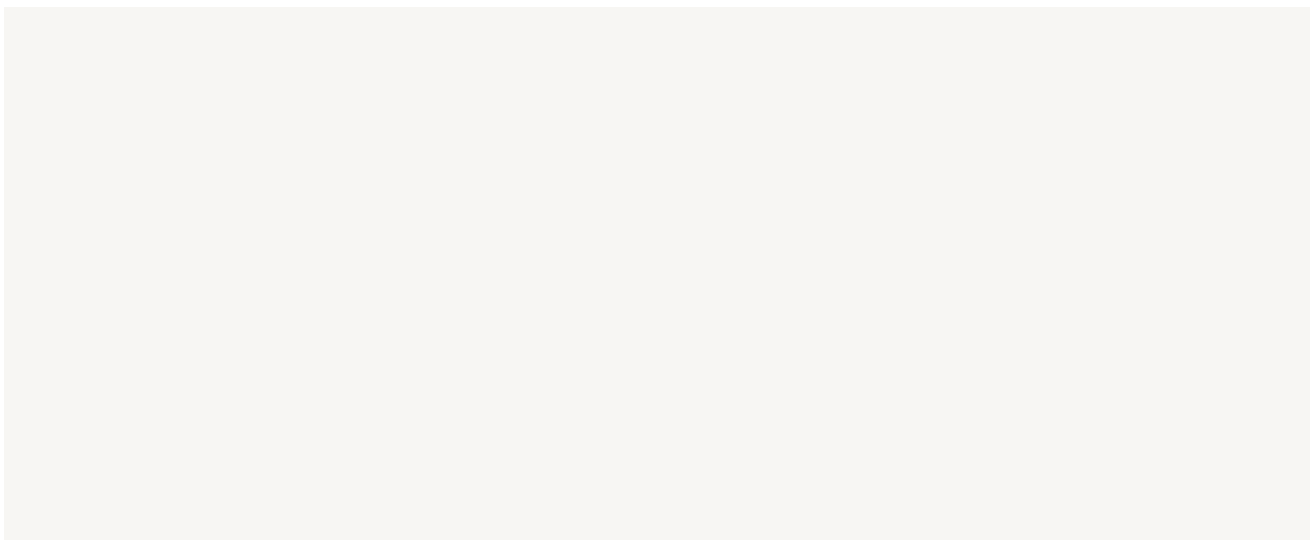
Describe your future lifestyle.

What kind of lifestyle did you have? Did anything surprise you about what your life was like?



Describe your future work life.

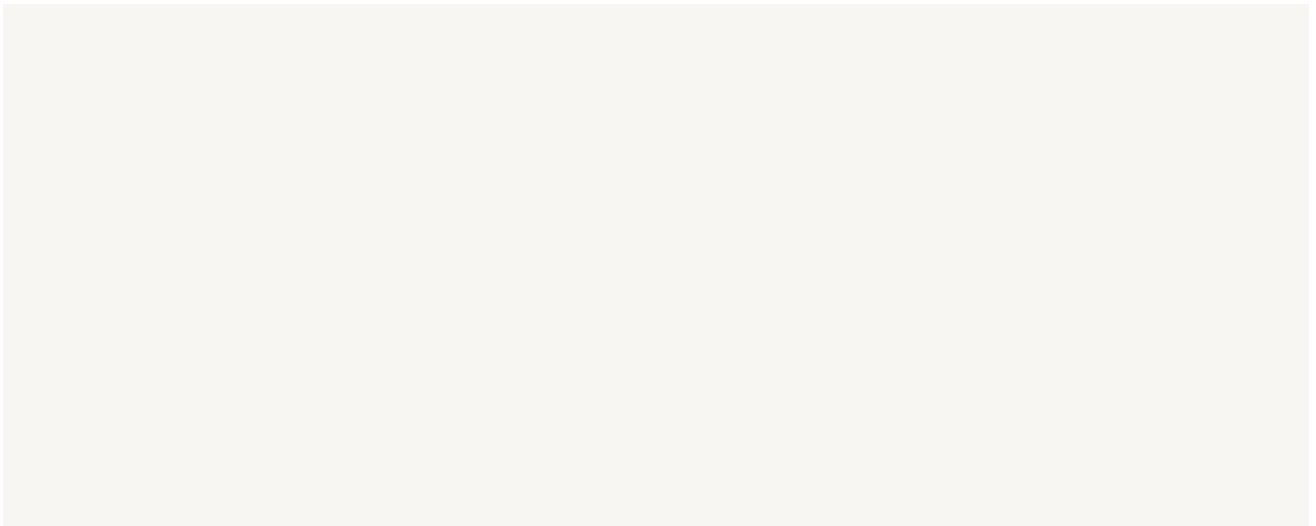
What type of work were you doing? What type of work were you not doing? Did anything surprise you about what your life was like?



Deep dive - Future Self

What did you learn from your future self?

What stands out to you the most? Was anything different than you may have thought it would have been? What do you think your future self is showing you?



What do you wish to take away from this?

After processing what you experienced during your meditation, what do you think your future self is showing you?

