

Meet Your Powerful Future Self Worksheet

Developing a crystal-clear picture of what your “Powerful Future Self” is like is critical to intentionally working toward that version of you. This worksheet is designed to help you begin to do just that.

I encourage you to take your time and really give this some thought. Let yourself be creative and flesh out this future self. Given that you have the power to create this future self, go ahead and make it really powerful...even if that version of you is hard to picture at this point.

Spend some time with these questions:

How does your Powerful Future Self think? (i.e. optimistic or pessimistic, selflessly or selfishly, etc.)

How does your Powerful Future Self feel? (i.e. worried or courageous, etc.)

What does your Powerful Future Self believe? What are his/her beliefs about himself/herself, the world and/or other people?

How does your Powerful Future Self behave? (What habits are part of his/her life?)

What does this Powerful Future Self look like? (i.e. physically)

Who is this Powerful Future Self in the world? (be bold and creative here)

How does your Powerful Future Self explore spirituality?

How does your Powerful Future Self relate to food (or eat)?

How does your Powerful Future Self relate to money?

How does your Powerful Future Self engage in self-care/

How does your Powerful Future Self talk to himself/herself?