

Meet Your Future Self

VISUALIZATION INSTRUCTIONS

This exercise helps you step into your future and gain clarity on your highest self. Here's how to get the most out of it:

1 Set the Scene

Choose a real date 3-5 years in the future. Start with a workday, but you can repeat this for different days.

2 Listen & Visualize

Play the guided meditation. Let your mind paint a vivid picture of your ideal day. The key is to think expansively but with a foundation of reality. For example, if you are a graphic designer, it wouldn't be realistic to envision yourself as a surgeon in 2 years. You want to stretch into your subconscious of what you actually want while also grounding in what's possible.

3 Capture the Details

Use this worksheet to write down everything you see, feel, and experience. You can pause the recording and write as you go, or you could record yourself in a voice memo to digest after. The more specific, the better!

4 Reflect & Integrate

Revisit your answers. What stands out? What patterns do you notice?

5 Take the Next Step

Your vision is possible. Let's map out how to make it real. [Book a strategy session](#) to turn your insights into action.

💡 Pro Tip: You can reuse this worksheet as your vision evolves—repeat the exercise anytime! Also play around with picking a “vacation” day or a “holiday”.

DOWNLOAD THE AUDIO FOR THE VISUALIZATION

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NOTES & WORKSHEET

EARLY MORNING

I wake up and I am _____ . I am _____
location alone or is there someone there
(human or pet)

My morning routine is _____

As I think about the day, I am excited about _____

And I'm anxious/nervous about _____

LATE MORNING

Time to get my day going. Here's everything I'm doing, thinking and feeling before lunch...

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NOTES & WORKSHEET

AFTERNOON

Switching gears after lunch, I...

EVENING

Now that my workday is over, I am excited about...

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REFLECTIONS

WHAT SURPRISED YOU OR EXCITED YOU?

WHAT PATTERNS DID YOU NOTICE?

WRITE DOWN ANY OTHER INSIGHTS YOU HAD.