

YOUR FUTURE SELF

Whilst you are sleeping tonight a miracle will happen and by the time you wake up in the morning it will be a year, two years, five years into the future.

Not only have you been catapulted forward in time, but a fairy has been at work and has granted all of your wishes. You have your dream life. What does it look like?

Health

What do you look like? How much do you weigh? What food do you eat? How do you exercise? What do you drink? What time do you go to bed? What time do you get up in the morning? How do you look after your body?

Relationships

Who are you in an intimate relationship with? What activities do you share with that person? What things do you do to show them that you love them? How often do you have sex with that person? How do you have fun together?

What friendships do you have? Where did you meet those friends? What activities do you enjoy with your friends?

Money

What is your annual income? How much money do you have in savings and investments? How much, if anything, do you owe e.g. mortgage, car, other loans? What are you choosing to spend money on?

What sources of income do you have? What don't you spend money on anymore?

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Career/business

Are you working? For yourself, for a company? Full time, part time, taking a sabbatical?
Are you retired? Do you have any side hustles?

Environment/space/home

Where do you live? Describe that place. What features of your environment make you happy?

Recreation/fun

What activities do you do for fun? Daily, weekly, monthly and annually. What hobbies do you have? What clubs/societies do you belong to?

How many holidays do you have a year? Where do you go on days out? Where are you going on holiday? What sort of holidays are you going on – e.g. walking, cycling, cultural trips, safaris, pool-side holidays, working holidays, pet-sitting?

Service/contribution

Do you volunteer? Do you give to charity? How or where do you volunteer? What organisations/charities/causes are important to you to support?

Personal

How are you developing your mind? What skills have you learnt? What books have you read? What courses have you taken?

Once you've created a picture of your future self it will give you goals to work on. Maybe pick just one area and work on that this year and then next year work on another area. Don't try to do too much all at once as it will be overwhelming. Try to break down your goals into daily habits that you can do to move you towards your future self. Good luck!