

# YOUR FUTURE SELF

## WRITING REFLECTION

FIVE STEPS TO SEEING, WRITING AND MOVING CLOSER TO  
WHO YOU CAN BE!

Writing about your future self is a powerful way to integrate what is possible for you (almost like a blueprint that just needs to be accessed) into your reality.

Follow this sequence to create a vision in your subconscious, then elaborate on what you see by writing about it. This will bring your future possible self into your current surroundings. Then just wait for your vision to unfold (with a few other pieces of action of course)!

It is ideal if you can write by hand (not computer) this since the subconscious comes through our right brain in handwriting. Use your journal!

1. Listen to the guided meditation in The Courageous Path podcast (of mine) called "Quieting the Thinking Mind: Accessing Intuition and the Future Self" to create that vision in you subconscious.
2. Once you're back in waking life, elaborate on the future self you saw in the guided meditation. Reflect on what you want your life to be like. Focus on your life in one year from now (or five years, whichever feels better to you). Be specific (but not too specific - you don't need the names of places, for instance.. let the universe figure that out for you!) and write it down in one sentence. (Example: I want to be able to express myself artistically and receive compensation for my art, and work part-time in a creative, collaborative, supportive, flexible, healthy environment no more than a 15-minute drive from my home.)

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3. Write an additional description of what you will be like in this new future self. How will you feel? What will your environment be like? What will do you do with your time? Who else is part of your life? What kind of place do you live/work in? Do you travel? Do you enjoy abundance and freedom? Get creative, relatively specific, and elaborate, elaborate, elaborate!

4. Share this vision with a trusted person in your life. It is much more powerful to put the vision out there for others to see!

5. Bring your future self vision into the surround-sound of your life by writing it on paper and putting the slips of paper in visible places around you. The goal is for you to see the vision and start to really believe it is possible for you. Here are some ideas:

Carry it in your wallet.

Put it up on your refrigerator.

Tape it next to your computer screen.

6. Add the vision to your vision wall! In the form of words, drawing, photos, etc. Have fun with this! Make it artistic if you like. Or just smack some post-it notes (colored is nice) on there. Whatever feels right for you.

7. Let go and trust that the universe saw your beacon of desire. Trust that it all will unfold in time. Stay open and take action when opportunities and people come your way. Follow up when the time comes and enjoy the process!