



Future Self Questions

When visualizing your Future Self, ask these questions:

- 🔥 In what sort of environment does your Future Self live? Is it wooded? Desert? Urban? Rolling hills? How does the air feel and smell?
- 🔥 What does your Future Self's dwelling look like from the outside? What sort of landscape surrounds it? Are there trees or flowers?
- 🔥 As your Future Self opens the door, pay attention to what he or she is wearing. What type of clothes does your Future Self wear? Is your Future Self wearing jewelry? What shoes is he or she wearing, if any?
- 🔥 As your Future Self welcomes you in, notice the interior of the home. What colors and textures do you see? What sort of décor do you notice?
- 🔥 How does your Future Self spend his or her time? Does your Future Self have a job or a career?
- 🔥 Ask your Future Self, "What is it that you most remember about the last 20 years?" Then ask, "What do I need to be most aware of to get me from where I am now to where you are?"
- 🔥 Ask your Future Self any other questions that come to you.
- 🔥 Finally, ask if your Future Self goes by a name other than your first name – a metaphor or a symbol of your essence.