



Future Self


The Future Self

Visualization gives you a clear picture of yourself in the far future and with a long-term goal.

The Future Self

Visualization is fun! Go with it and really use your imagination to visualize a future that resonates with your heart.



 The more that you use your five senses in imagining your ideal future, the more powerful the motivation that you will create.

Application Question/Activity:

1. What questions do you have for your Future Self?

2. Listen to the Future Self Visualization, and take notes. You are creating a clear picture of your end-goal in life. It's important to make it as specific and clear as possible.

3. What answers did you get from your Future Self?