

FUTURE SELF VISUALISATION SHEET

Once you've listened to the Future Self Visualisation answer the following:

What's the number one thing your future self wanted to tell your present self?

How did your future self answer what's your life purpose question?

What did your future self say stood out most in her memory?

What did you need to remember the most to get from where you are today to where you want to be?

What is your future self's special name / symbol of his/her essence