

Meeting Your Future Self

Guided Meditation

Please, reflect on your experience with visualizing your Future Self. Answer these questions and then journal about your feelings and thoughts.

1 What did she/he look like?

2 How did she/he feel? What was her/his general attitude and emotional state?

3 What kind of life was she/he living? (Career, relationships, health, friends, spirituality, so on)

4 What was her/his message to you?

5 What was her/his gift to you?

6 What are you going to do next to become her/him?

Step 1

Step 2

Step 3