

FUTURE SELF DAILY JOURNAL PROMPTS

1) My daily affirmation:

2) Today I will focus on shifting my pattern/thought/habit of:

3) I am grateful for:

4) 3 Traits that my future self will have are:

5) The person I am becoming will experience more:

6) Tomorrow I will feel?

7) 3 Things my future/higher self wants me to know that will help me step into my power tomorrow:

8) 3 Positive and empowering things I know to be true about myself/my life

9) 3 Affirmations or statements that will support me tomorrow:

10) Write 1 paragraph/ a letter to yourself from your future/highest self with everything you need to hear

TUNING IN MUSTS

- 1) Allow space - take a moment
 - 2) Slow down your thoughts - witness them
 - 3) Without judgement - take ownership of them and how you feel
 - 4) Ask - What am I feeling? Why am I feeling this way, what is this teaching me, what do I need right now?
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