



hello, future self

AN *ENERGETIC* APPROACH
TO START TAKING ACTION FOR THE
CHRONIC PROCRASTINATOR

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with my help through this guide

YOU WILL BE DRIPPING IN YOUR OWN **CREATIVE NECTAR** AS YOU WATCH PROJECTS COME TO LIFE WITH EASE THAT YOU'VE PUT OFF STARTING FOR YEARS...

in just 3 weeks



get my help



this is a goal focused container

DESIGNED TO TAKE YOU FROM

- X PROCRASTINATING
- X LACKING CONFIDENCE
- X PARALYZED BY IMPOSTER SYNDROME
- X UNSURE OF YOURSELF & YOUR DIRECTION

TO

- ✓ A CONFIDENCE QUEEN
- ✓ OOZING WITH CREATIVE ENERGY
- ✓ KNOWING HOW CHANNEL IT FOR SUCCESS
- ✓ WAKING UP FEELING ELEVATED +
EXCITED INTO ACTION

how it works ↘



PHASE 1 *invite*

GETTING CLEAR ON YOUR VISION

In order to tap into your inner guidance, we want to paint a clear picture of what it looks like once you have the thing you want in your life, and identify *anything* and *everything* that is standing in between you and your dream. In this phase, you will *invite* your higher, future-self in by tuning into your feminine energy, into the *feeling*.

PHASE 2 *activate*

IDENTIFYING ALIGNED ACTION STEPS

Once you've been able to create a vibrant vision in your mind, you'll use your natural tool of imagination! You will create the version of you that is somewhere in between you and the goal, and you'll observe. You'll take note of this version of yourself in your daily life, notice how you spend your time, money and energy. In this phase, you will *activate* this version of you in your mind and take note of specific components that help you tap in and turn them on in your present life.

PHASE 3 *integrate*

FOLLOW YOUR LEAD

At this point, you will have a list of things that the future version of yourself (that has what you want) is doing. You know how they're feeling, you have identified how their days are different from yours right now, and you know where you can take action *with ease* that will move you in the direction you want to go. In this phase, you'll review this list and see what you learned from your future self that you're able to *integrate right now*. *Everything* that you can do that the future version of yourself is doing, or that connects you with that version of yourself, will move the needle towards what you desire.

important notes

One last read before we dive in, but it's important!

OUR GOAL together in this workbook is to dream. It's to step outside of what you know, what you have experienced, and really tap into your imagination. Everything that's ever been created *by man* was first created in someone's mind, so don't take the power of your imagination lightly!

TAKE YOUR TIME! I recommend completing this workbook over the span of at least a week AND revisiting each phase at least 2-3 times. This is for a few reasons:

1. This allows you to gather more thoughts, collect your ideas, and invite new thoughts and ideas in that you didn't initially have or remember.
2. Your feelings change day to day, sometimes we simply wake up feeling good and can tune into our creativity much more easily than days when we're just not feeling it. Revisiting these questions day over day allows us more opportunity to catch ourselves on a really creative whim and dive deep.
3. Rushing is bad energy. Sounds woo-woo, (I'm woo-woo so no surprise there) but it is TRUE! If you rush through this in search of an answer to a problem that you have an urgency to solve – the point has been missed. Give yourself some time to soak in the questions, let the thoughts stir and capture what comes up randomly.

CAPTURE YOUR RESPONSES! While we CAN get value by *thinking* through things in our mind, the act of expression is so powerful in this type of work. That can look like writing in a journal, typing (Word, Google Doc or Notes App), or using your voice (talk to text). Experiment with all three and see what you like best! Having this information on paper will benefit you now and later!

FOLLOW THE PATH OF LEAST RESISTANCE. Small steps gain more ground over time than taking on too much, getting burnt out, and having to stop. You're (hopefully) going to come up with A LOT of action steps that you can start implementing in your life, but this *can* be overwhelming. Focus on things you feel the least amount of resistance towards. Meaning, the things that feel **easiest** for you to implement *right now*.

ONE GOAL AT A TIME! This is NOT me saying only work towards one goal at a time, I mean only focus your attention, for these questions in this guide, on one goal at a time. Just work through this same process for each goal or dream you have!

REVISIT THIS PROCESS anytime you are facing a new challenge or obstacle and you feel stuck, like you cannot move forward because something is in your way, or if you lack energy or feel down. Tapping into the future version of myself is something I've done for years and has helped me build (and continue to build) the life of my dreams.

Alright, that's all! Let's dive in...



PHASE 1

invite

In Phase 1, you want to paint a clear, vibrant picture of what you want *in your mind*. Trying to take action on a vision that isn't clear is like trying to use Google Maps to go somewhere without an address. It's more than just the thing, it's being able to see, taste, and feel the life you're living around the thing. THAT is the secret sauce to getting yourself there.

These next questions are designed to *invite* your higher, future-self into your thoughts to provide clarity. We'll use this vision in Phase 2, so be specific!

invitation prompts

1. WHAT DO YOU WANT?

What is your desire? Your goal? Your dream? What is it that you're after? BE AS SPECIFIC AS YOU CAN! If it's money, how much? If it's a partner, describe them. If it's freedom, from what? Dive in on the details and allow yourself to DREAM here! Remember – one goal at a time!

2. WHY DO YOU WANT IT?

How will you use it? What will it do for you? How will it impact your life? What will it give you? How will it empower you? What good will you do in the world once you have it? Really focus on the desire *behind* the desire, meaning, what will you do with it (however that applies)?

3. HOW WILL HAVING IT MAKE YOU FEEL?

Really sit with this one! What is the feeling behind having it? If it's money, would it make you feel secure, stable, wealthy, worthy? If it's a partner, will they make you feel loved? If it's traveling, will it make you feel free? If it's working from home, will that make you feel in control of your own time? What are the feelings that you expect to feel once you have it?

4. WHAT IS STANDING IN YOUR WAY?

What are all the things in your way?! List out every reason that you don't already have it. What are the resources you don't have, money you don't have, people you haven't connected with yet, time you can't spare, an extra source of income, clients, a side hustle you don't have yet? Any thing or any reason as to why this isn't possible for you right now, let it all out! Bullet style is best for this question.

invitation prompts

5. HOW WOULD YOU DESCRIBE YOUR APPEARANCE?

Imagine the version of you living your life with this desire fully in your reality, what are you wearing? How do you dress? What is your style like? Does this version of you take time getting ready in the morning? Do you seem put together? What makes you feel confident? Do you wear jewelry? Perfume or cologne? How did you style your hair? What details can you notice?

6. HOW WOULD YOU DESCRIBE THIS VERSION OF YOU?

When you picture this future version of yourself, how would you describe yourself? Would you be excited? Relaxed? At ease? Busier, but in a good way? Confident? Powerful? Soft? Successful? Fulfilled? Flowy?

7. WHAT WOULD YOU NOT BE DOING ANYMORE?

In this future version of your life, what things do you do now that you *likely* won't be doing then? What things do you hope that you're no longer doing?

8. WHAT WOULD YOU DO MORE OF?

What hobbies would you finally try? Maybe you want to start making breakfast at home and having slow mornings? Maybe you'd spend more time with your dog? What are things you would actually be *able* to do now in this version of your life that you can't right now?

PHASE 2

activate

Review your list from question #4 in Phase 1.

Pick up to THREE things from that list, and imagine that you have them! (How exciting?!) Take a moment to really sit with this version of you that has these things you needed in order to move forward, and let your mind work through what you anticipate or expect that situation to *look* and *feel* like.

These next questions are designed to *activate* the mind of the future version of you that's only a few steps ahead.

activation prompts

9. WHAT THREE THINGS DID YOU CHOOSE?

(Be sure to read the instructions on page 10!) What things on your list from question #4 in Phase 1 did you choose to imagine that you have?

10. WHAT WILL YOU BE WORKING ON?

Once you have these resources, what else do you need to be doing or working on to keep moving forward towards your goal? What things would you be looking into or researching? What are the next steps now that you have them? What things do you need to plan for? What do you need to take into consideration now that you're actually moving towards this goal? What type of errands would you be running?

11. WHAT THINGS WOULD ALREADY BE DONE?

In this version of your life, when you have those three things that you needed in order to move forward, what are some things that you would *probably* have already gotten done by this time? What are things that you would have *needed* to get done (that aren't done already) in order to acquire these three resources you now have?

12. WHAT WILL A DAY IN THIS LIFE LOOK LIKE?

What does the schedule in any given day look like for this version of you? Think through the days of the week, Monday through Sunday. What does each day look like? Think about all areas of life: work, home, romantic, social, spiritual, fun, physical, everything. What does this version of yourself do during the week? From when you first wake up to the moment you lay your head down.

activation prompts

13. WHAT WILL BE DIFFERENT ABOUT YOUR DAYS?

What about your routine, schedule or flow will change once this is in your reality? What would you likely stop doing that you're doing now? What daily habits would change? What people may no longer be around as much in your day to day? What will you spend *more* time doing? *Less* time doing?

14. WHAT WILL YOU BE TALKING ABOUT?

If you think about it, when we're doing something in our lives that is UNDOUBTEDLY going to happen, it comes up in conversations! The things we doubt, or are afraid to commit to for fear of failure are much less likely to be talked about, if at all. When we have a vacation planned... WE TALK ABOUT IT. When our kids do something insanely cute... WE TALK ABOUT IT. When there's a cause that we're passionate about... **WE TACO BOUT IT!** What things, in this future version of your life, will you be talking about to the people in your life?

15. WHAT WILL YOU WAKE UP EXCITED ABOUT?

Imagine waking up on a random Tuesday morning in this future version of your life, you have these resources you once needed to move towards your dream at your disposal. What are you excited to get up and go do? What would you feel excited about working on? What do you think you'll WANT to do when you wake up?

PHASE 3

integrate

Review your responses in Phase 2 as you work through the integration. This is a time where comparison is *encouraged*. Compare your life right now to the picture you painted of your future self and see where you feel pulled to take action. Remember, that version of you is only a few steps away.

These next questions are designed to help you integrate the energy you've channeled from your future self into your life today through tangible, practical actions that are aligned with your desires.

integration prompts

16. WHAT CAN YOU START RESEARCHING NOW?

What is an action step that you can actually put your mind to work on, and start researching or looking into? Is there something that came up in question #10 in Phase 2 that you need clarity on? Maybe something you just needed to think through?

17. WHAT CAN YOU START WORKING ON NOW?

Was there anything that came up in question #10 in Phase 2 that you felt like you could actually start doing right now? Is there something that would be an easy win? What questions do you have about this list of things you need? What are alternatives for some of these resources? Is there more than one way to get something you need?

18. HOW CAN YOU START DRESSING LIKE FUTURE YOU?

When you were imagining your appearance in this future version, what was different? What clothes do you have in your closet now that can make you feel more like this future version of yourself? What clothes **don't** make you feel this way, but rather, make you feel stuck and remind you of a season in your life that you've overcame and outgrown?

19. WHAT EXCITES YOU THE MOST?

When imagining this future life where you were a few steps closer towards your dreams, what excited you the most about that thought? What ways can you generate that feeling of excitement in your life right now? Thinking about, and *feeling* more of the excitement that you feel when you daydream about this possibility will move the needle towards it faster than you think. Feeling excited translates to feeling inspired, and when you're inspired, you are far more likely to act. More importantly, when you're inspired by your own dreams for your life, you are far more likely to act like the future version of yourself that is living it.

integration prompts

20. WHAT CAN YOU CHANGE ABOUT YOUR ROUTINE?

Every time I do this exercise, I always notice a sense of calmness in my future self. There's no rushing around or being in a hurry in my dream life. What about your routines and habits can you implement in small ways to align with this version of yourself?

21. HOW CAN YOU SPEND YOUR DAYS DIFFERENTLY?

What are some differences, day to day, between you and this future version of yourself that you can implement right now? Maybe a morning or nightly routine? Maybe this future version of you prioritized development, so they made time to read a few times a week? Anything from this vision of your future self that you can start doing now, MATTERS. This is how you connect with this version of you.

22. WHAT MAKES YOU FEEL IN YOUR POWER?

I'm hoping that you felt a tingle of empowerment while you were visualizing this future version of yourself. What about this version of you makes you feel powerful? Is it how they carry themselves? Is it how they dress? Do they have an air of confidence around them that is undeniably captivating?

23. WHO/WHAT IN YOUR LIFE FEELS EXPANSIVE?

Lastly, but one of the most important, who and what in your life feels the most expansive for you towards this dream? Who or what in your life keeps you feeling small? Think about the people you spend your time with, the places you go, and the things you do. Which of them feel expansive? Which make you feel small?

i'm so proud of you!

BABE! How do you feel? What did you learn from YOURSELF? I want to take a moment to express how truly excited I am for you. You taking the time, energy, and setting the intention to connect with yourself in this way is so powerful and so beautiful. The impacts from this connection will continue to echo in your life through your intuition. The best thing to remember is to always lean into what feels good, and feels expansive for you.

There is SO much more I'd like to cover, but this is a really great start towards identifying steps that *feel good to you* that can help you gain momentum towards your desires!

If something came up for you that you'd like help navigating, if there's something that you feel stuck on and can't get past, or if you'd just like to talk through what came up for you and work together to come up with a **plan** to help you move the needle...

I'm like, really good at this. I'm sort of kidding, I'm much more humble than that! Truly, I have gotten so good at looking past obstacles and things that make something seem and feel impossible. Before I built my tiny little home on wheels, I had never wired a house before, I had never collected energy from the sun and converted that into a little outlet that I, now, plug my coffee grinder into every morning. I just didn't let obstacles stop me from getting to the vision I had, and I can help you with the same.

If you'd like someone to encourage and empower you on your journey, reach out to me and we'll chat about ways I can help. Trust me when I say that the support can make all the difference in the process.

I'm sending you so much love!

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A woman with long, wavy brown hair is standing on a sandy beach. She is wearing a white, long-sleeved, off-the-shoulder top. Her right arm is raised high, and her left hand is near her chest. She has a serene expression with her eyes closed. The background is a bright, overcast sky and a sandy beach with some driftwood in the distance.

thank you, future self

TAKE A MOMENT TO EXPRESS
GRATITUDE TOWARDS BOTH *PAST* +
FUTURE YOU FOR THE **GUIDANCE** AND
COURAGE TO TAKE ACTION
TOWARDS YOUR DREAMS

THIS IS ONLY THE BEGINNING