



BECOMING A JOYFUL WARRIOR STRATEGY: FUTURE SELF

THINK BACK TO ONE YEAR AGO.

What did your life look like? What were you doing? How different is your life NOW?

Think about your life 10 years ago.

Think about your life 20 years ago. (Sometimes it's hard to think back that far. Go as far back as you can.)

What were you doing 'back then'? What were your living circumstances? What were you learning? Who were the friends you spent most time with? What did you do for fun?

COMPARE WHERE YOU WERE 10-20 YEARS AGO WITH WHERE YOU ARE NOW.

How has your life changed? Have you changed occupations? Have your family circumstances changed? Has your learning progressed in ways you imagined or planned it would? Have things changed in ways that you could not possibly have foreseen?

**ARE YOU HAPPY WITH WHERE YOU ARE AT NOW?
ARE YOU INSPIRED BY THE PATH YOU HAVE BEEN TRAVELLING?**

**STOP FOR A FEW MOMENTS AND
BE IN THIS REALISATION.**

YOU ARE HERE, RIGHT NOW, BECAUSE OF CHOICES YOU MADE 'BACK THEN'.

You have created ALL this, all that is around you, all that defines your life now.

Celebrate your achievements ... acknowledge the journey ... assess what you want MORE of going forward and what you want LESS of, in the future.

Imagine your life one year from now. What might it look like?
Imagine your life 10 years from now. What do you think/feel it might be like?

Imagine your life 25 years from now. What is it you have achieved, gathered, collected, learned and experienced?

NOW, LOOK BACK FROM YOUR PLACE IN THE FUTURE.

What you are living with, in the future, is in its birthing and growing phase, now.

IS THIS THE FUTURE YOU REALLY WANT?

**JOYFUL WARRIOR, NOW IS THE TIME TO CREATE THE
FUTURE YOU REALLY WANT.**

**NOW IS THE TIME TO CHOOSE WHAT YOU WANT TO DO,
BE AND HAVE IN THE FUTURE.**



CONSCIOUSLY CREATING MY FUTURE SELF ACTIONS:

EXPLORE

What does my Future Self's life look like in these areas: Career, Finances, Fun, Friends, Love, Soul Food, Experiences.

CHOOSE

One or two things to work on NOW. What is your highest 'calling' for your Future Self? What can you do NOW to start birthing that outcome or experience? What can you do to grow or strengthen your desire? What is your next highest 'calling'? What can you do to birth, grow or strengthen it, for your Future Self?

DECIDE

What you LOVE having in your life NOW and what no longer serves you. What do you want MORE of, that you are already doing, and what can you move on from because it doesn't excite or inspire you?

MAKE A LIST

Of all the things you have in your Future Self's Life. Choose a time frame - one year, 3 years, 10 years etc - and make a list of all that you want and desire for that 'You'.

VISUALISE

With writing the story describing your Future Self's reality or with images depicting your life.

TAKE ACTION

Today, think about, talk about and visualise your Future Self and her/his life.

