

Look in the mirror for a minute. Notice your thoughts about yourself.

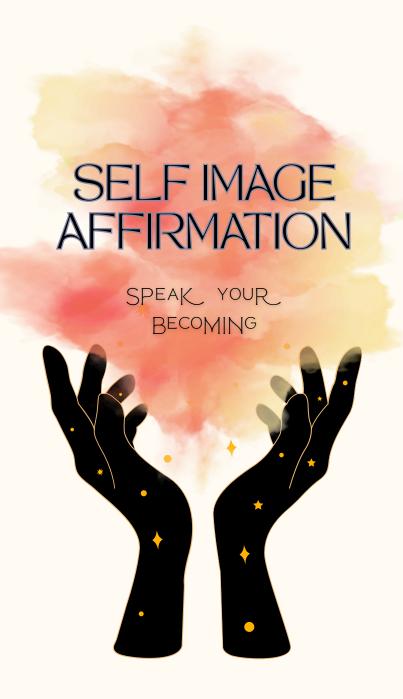
Now imagine your future self, confident, aligned, unshakable.

Write down 3 words your future self would see in you



Pick ONE SMALL ACTION your future self would take today. It could be a choice, boundary, or mindset shift.

Write it down, commit, and notice how it feels in your body. (optional visual cue: A simple checklist or arrow pointing forward



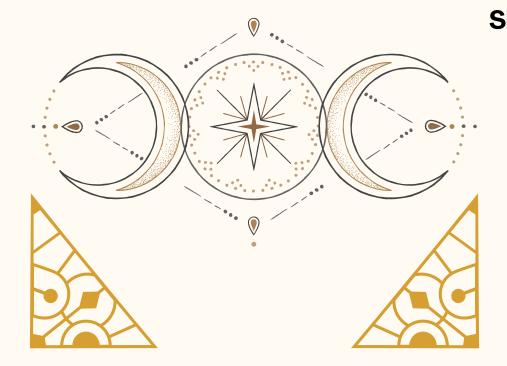
Write ONE BELIEF your future self embodies.

Example. "I am magnetic, grounded, and unstoppable"

Write it down and read it out 3x, imagining it radiating from your body.



STEP INTO ALIGNMENT



Close your eyes for 1–2 minutes.

Picture your future self moving through a day in full alignment with your values.

What do they do?
How do they feel?
Sketch, write, or Canva-design a small visual of that image.

RELEASE AND RE-WRITE



RELEASE THE SHRINKING STORIES

Think of one story you've been telling yourself that shrinks your self-image.

Cross it out Write a new empowering story your future self believes.