

DAY 6



FUTURE SELF JOURNALING PROMPTS

PRACTICE GUIDE

**“YOU ARE NOT BECOMING YOUR FUTURE
SELF. YOU ARE REMEMBERING WHO YOU
ALREADY ARE.”**

Fiona Soutter

PART 1

FUTURE SELF EMBODIMENT PRACTICE

Today, we move from simply thinking about change to feeling it into reality. By emotionally connecting with your future self, you accelerate your brain's ability to rewire and transform. 🌸

Step-by-Step Instructions:

1. Find a comfortable seated position with your back supported.
2. Close your eyes and take several deep, calming breaths.
3. Visualize your future self who embodies deep self-love and confidence:
 - How does this version of you carry themselves?
 - What does the look in their eyes convey?
 - How do they speak to themselves?
 - How do they honor their needs and boundaries?
4. Now, feel into being this future self:
 - Feel the deep sense of worth settled into your bones.
 - Experience the self-trust anchored in your core.
 - Let self-acceptance soften your body.
 - Feel genuine appreciation flowing through your heart.
5. Notice physical sensations:
 - Warmth in your chest
 - Relaxation in your shoulders
 - A straightened spine
 - Deeper, easier breath
6. Place one hand on your heart and affirm:

"This is who I truly am. I am not becoming this person; I am remembering who I've always been beneath the limiting beliefs."

PART 2

FUTURE SELF JOURNALING PROMPTS

After completing the practice, reflect in your journal:

- What emotions arose during this practice?

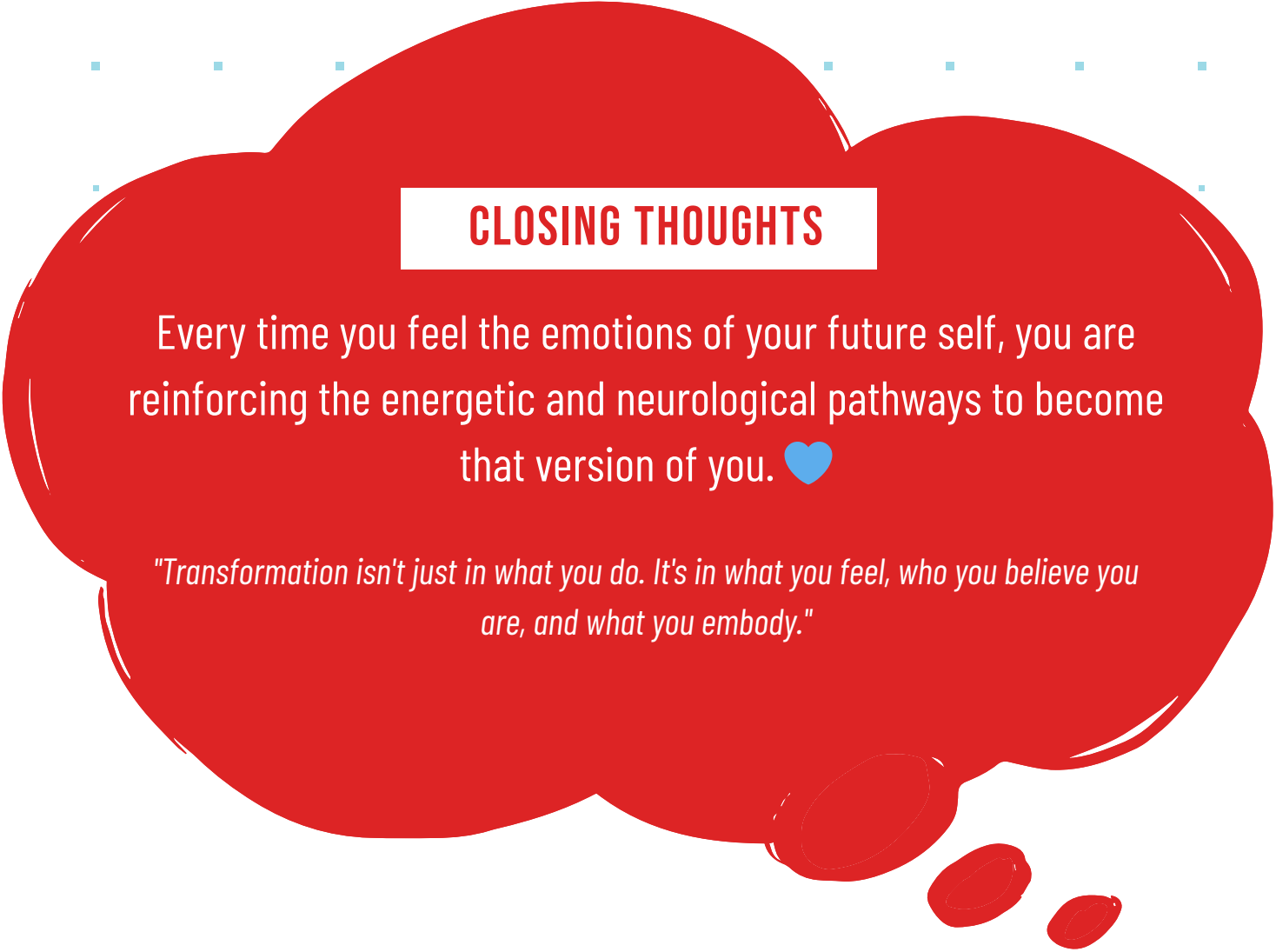
- What physical sensations accompanied these emotions?

- Which aspects of your future self felt most natural or accessible?

- Which aspects felt more challenging to embody?

- How might you bring this emotional state into challenging situations in your daily life?

- What small action could you take today from your future self's emotional state?



CLOSING THOUGHTS

Every time you feel the emotions of your future self, you are reinforcing the energetic and neurological pathways to become that version of you. ❤️

"Transformation isn't just in what you do. It's in what you feel, who you believe you are, and what you embody."

Tomorrow, we will explore emotional resilience—how to stay grounded and centered even when life challenges arise. ✨
