

#45 — FUTURE YOU'S STANDARDS SHEET

Five questions to help you adopt the standards that your future self already lives by.

Your future self has higher standards than your past.

This sheet reveals them —

so you can start living by them now.

1. What does future-me no longer negotiate with?

Boundaries, self-worth, energy, peace, treatment?

Their thoughts: _____

2. What behaviors, from myself or others, are non-negotiable in my future life?

Standards are self-respect in action.

Their thoughts: _____

3. What does future-me give energy to — and what does she starve?

Attention is currency.

Spend wisely.

Their thoughts: _____

4. What emotional, relational, or lifestyle standards protect my peace?

Future-you lives by internal alignment, not external approval.

Their thoughts: _____

5. What standard can I begin applying today that will change my life within 30 days?

Small standards create massive shifts.

Their thoughts: _____

FINAL REMINDER:

Your standards determine your experience.
When you raise them, your life rises to meet them.