

#43 – FUTURE SELF QUESTIONNAIRE: THE LIFE YOU’RE STEPPING INTO

Five questions to help you clearly define the life your choices are leading you toward.

Most people fear the future because they haven’t articulated it.

This sheet helps you design it – consciously, intentionally, and with direction.

1. What does my future life feel like on a daily basis?

Not what it looks like –

what it *feels* like.

Peace, competence, clarity, stability, joy?

Your thoughts: _____

2. What relationships exist in that future – and which ones peacefully fade?

Your future life has different relational requirements than your past.

Your thoughts: _____

3. What habits support that future – and what habits block it?

Every future is built by consistency toward a goal.

Your thoughts: _____

4. What boundaries does future-me enforce effortlessly?

This reveals the strength you’re growing into.

Your thoughts: _____

5. What choice can I make today that aligns with that future instead of my past?

One choice at a time is how the future becomes real.

Your thoughts: _____

FINAL REMINDER:

You're not chasing a future —
you're stepping into it.