

# #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.