

#42 — FUTURE SELF QUESTIONNAIRE: WHO YOU ARE BECOMING

Five questions to help you meet the version of you your choices are building.

Your future self isn't imaginary —
they already exist in the choices you're beginning to make.
This guide helps you see them clearly...
and understand who they're becoming.

1. What does future-me no longer tolerate — emotionally, relationally, or internally?

Growth begins where tolerance ends.

Your thoughts: _____

2. What choices does future-me make that I'm still hesitating to make today?

Hesitation is a normal part of transition, saying "I can't" isn't.

Your thoughts: _____

3. How does future-me speak to herself differently than I speak to myself now?

For many, this question alone shifts the path.

Your thoughts: _____

4. What habits or patterns has future-me mastered that I'm just beginning to work on?

This identifies the bridge you're already crossing.

Your thoughts: _____

5. What is one thing future-me would want me to start, stop, or strengthen today?

Your future self is your greatest guide —
because they've lived the outcome.

Your thoughts: _____

FINAL REMINDER:

Future-you is not far away.

They are being built in your next intentional choice.