

Future Self Embodiment Ritual

This 7-day practice is designed to help you step into your Future Self—today. Each day you'll use the ritual as an anchor, plus a unique journaling prompt to embody her identity.

Daily Ritual Steps

1. ****Name Her:**** In one sentence, define your Future Self.
2. ****Anchor It:**** Sit tall, breathe in for 4, out for 6—five cycles.
3. ****Micro-Move:**** Ask: “What would Future Me choose in the next 2 hours?” Do that one thing.
4. ****Speak It:**** Say aloud: “I’m the woman who _____, so I _____.”
5. ****Evidence Log:**** Write one line: “Evidence I am her: _____.”

7 Days of Future Self Prompts

Day	Prompt
Day 1	What habits does your Future Self no longer tolerate—and why?
Day 2	How does your Future Self start her mornings differently from you today?
Day 3	What boundaries does your Future Self uphold with ease?
Day 4	How does your Future Self nourish her body and mind daily?
Day 5	What environment (home, work, people) supports your Future Self?
Day 6	What small joy or ritual does your Future Self prioritize every day?
Day 7	If your Future Self wrote you a letter today, what would she say?