



# BECOME YOU

A FUTURE SELF  
VISION BOARD +  
TRANSFORMATION  
GUIDE

[www.healingsoflife.com](http://www.healingsoflife.com)



# YOUR BECOMING JOURNEY

This is your sacred space to reconnect with your dreams, your power, and your vision for the future.

Use this guide to begin becoming the version of you that already lives the life you desire.

Lets begin your transformation.

*She remembered who she was, and the game changed.*

# MEET YOUR FUTURE SELF

Who is she?

What does she look like, feel like, and radiate?

What does her daily life look like?

How does she speak to herself?

What does she no longer tolerate?

(Use this space to journal your answers.)

# VISION BOARD SPACE

Paste or insert photos here that represent your future life home, body, love, finances, career, friendships, spiritual connection, style, energy. Choose photos that make you feel happy and excited and that resonate with you!



## AFFIRMATIONS FOR TRANSFORMATION

SPEAK IT INTO BEING: -

- . I am becoming the woman I used to dream of.
- . I release what no longer aligns.
- . I am magnetic to what is meant for me.
- . I choose growth over comfort.
- . I embody my future self with ease.
- . I have the power to create the life I desire.
- . I am worthy of abundance in all areas of my life.
- . I am confident in my unique gifts.
- . I attract supportive and inspiring people.
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# IDENTITY SHIFT JOURNAL PROMPTS

What habits does my future self have that I don't have yet?

What do I need to release to become her?

What fears do I need to face to step into my next level?



# ACTION STEPS

DAILY MOVES TO BECOME HER: List 3 things you can do this week to embody your future self:

1.

2.

3.





# YOUR TRANSFORMATION COMMITMENT

I commit to becoming the version of me I see in my  
highest vision. Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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