



TODAY I ENVISION MY FUTURE SELF.

DAY.22

“Have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.”

– Steve Jobs

It is human nature to seek guidance from a higher wisdom. In ancient Greece, the city of Delphi had long traditions of being the centre of the world. Greeks, foreign dignitaries, leaders and kings travelled to Delphi for answers. No major decision was made before consulting the oracle. Above the doorway of the temple, it said “**know thyself**”.

True wisdom is knowing what you do not know. Recognizing the limits of your own wisdom and understanding. Our mind is a limited tool, therefore, we need to connect with our heart & intuition.

Why envision your future self?

Our inner child holds our traumas, fears, and desires. Our future self is our higher self, free from this ego. It's the essence of who you are and has letten go of whatever held you back.

Ask yourself, who are you at the core? Who are you without a title? Without expectations, fears or limiting beliefs? What would you do if you do not have to prove anything to anyone? If you are already enough?

DAY.22

Phrase of the day: "Today I envision my future self."

Write this phrase in your journal.

Good to note: Today's practice will also be done during the live session. Feel free to do it in the morning on your own as a replacement, or as a preparation.

PRACTICE:

Anything impactful or meaningful starts with a vision. It is an empowering act to envision ourselves in the future. Use the guided "Future Self Meditation" to connect with yourself in the future & bring the known or unknown dreams you have for yourself to the surface.

Write a **letter to your future self in 6 months**, either in your journal or via www.futureme.org (receive it at a set date) to remind yourself of what matters to you & to encourage yourself to stay on track. In the letter we invite you to elaborate on:

- Where do you see yourself in 5-10 years?
- Which beliefs, qualities, habits or rituals you have let go or gained?
- How do you feel by then?
- Write some positive and encouraging words to remind yourself why this is important to you.
- Share the intention you have for your future self.