

Future Me

Use this when you want to look ahead - not only at today.

1 JUMP AHEAD SIX MONTHS

Picture yourself farther down the road.

2 LOOK AROUND

What are you doing? What got easier? Who is nearby?

3 NOTICE GROWTH

What are you proud of? What did you learn?

4 LET FUTURE YOU ANSWER

What did you stop worrying so much about?

5 COME BACK TO TODAY

What tiny thing could Present You do that Future You would appreciate?

MISSY SAYS

Future You is built from small choices - not one giant perfect move.

