How to Visualise Your Future Self

A great way to focus on your ideal future self is to take a moment to relax and visualise yourself in the future.

To start, get focused and grounded with a guided meditation from a neat free app called Insight Timer or simply with a cup of your favourite tea.

Pull out your journal and start to imagine your future self.

Here are 13 questions to get you started:

1. How would you describe your future self? What do they look like, act like and dress like?
2. What habits do they have that you don't currently have?
3. How do they feel about themselves and their place in the world?
4. How are they living their values?
5. What are their strengths?
6. How do they handle difficult situations?
7. What are their friendships and family relationships like?
8. What is their home like?
9. Where and how are they working?
10. How do they feel at the end of the day?
11. What does it feel like to be around them?
12. What do people say about them and remember about them?
13. How do others feel about themselves when they are around?

Once you've got some clarity of your ideal future self, you'll be well placed to ask them any question about a decision you need to make, a direction to take or when you're in a difficult time.

Your future self can be your guide to living intentionally and in alignment with your values and goals.

So, ask yourself, **"what can I do today that my future self will thank me for?"**