



Future Self Visualization

A Journey to Your Best Self in Just One Year

Name: _____

Date: _____

Guided Visualization

Close your eyes and imagine yourself 1 year from now. Picture your life in a calm and positive way.

- Where are you?
 - What does your daily routine look like?
 - How do you feel most days?
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Meet Your Future Self

Reflect on the person you are becoming:

- My future self is someone who:

- They have grown in these ways:

 - Things they no longer struggle with as much:
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Habits of My Future Self

Check or write habits your future self practices:

- Takes care of their mental health
 - Uses healthy coping skills
 - Speaks kindly to themselves
 - Stays consistent with goals
 - Sets healthy boundaries
 - Makes time for rest
 - Keeps learning and growing
 - Other: _____
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Steps I Can Take Now

- One small step I can take today:

- One habit I can start this week:

- One mindset shift I can practice:

"Small steps create big change."

Letter to My Future Self

Write a message to the person you are becoming:

"You are becoming who you are meant to be."

Reflection

- What excites me most about my future?

 - What might challenge me, and how can I handle it?
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"Small steps today are building the life I want tomorrow."