

Future-Self Journaling



Intentionally creating a new version of self



This is not a quick fix

Repetition is key in this practice. In order to re-wire the neural pathways, you'll need to commit to doing this for 10 minutes every single day for 30 days. Plan your days accordingly so that you don't skip a day. Set an alarm earlier or put a reminder on your phone to do this before bed. Keep the journal in a space where it's convenient.



Neuroscience confirms the importance of writing

Research shows that writing things down is a powerful tool to re-wire the mind. As you are writing stay present and focus on the words and emotions those words bring up.



Work through the resistance

Whenever you begin a new ritual, the brain will create a lot of 'mental chatter' around it. This is because the brain does not like new and uncertain situations. Getting past your mind to show up for yourself is a valuable practice.



Find a time when you have the most mental clarity

Future-self journaling is best done when the mind is in a clear and peaceful state. For some people this is in the morning and for others it's in the evening. Do not try to do this when you're in the middle of a stressful state or feeling emotionally depleted.



Step 1: Self-Awareness



1. What behavior or pattern do I want to change? Focus on ONE.

i.e.- "I want to be less emotionally reactive"

2. Write affirmations or statements that will help you achieve this. Let these flow naturally. Do not overthink them.

i.e.- "I AM peace," "I find peace in daily situations," "I am able to view my emotions rather than react to them"

3. Write how you will be able to practice these new behaviors in daily life.

i.e.- "I will find gratitude during my work day," "I will find new ways to find peace around my family"



Daily Future-Self Journal



My daily affirmation: _____

Today I will focus on shifting my pattern of: _____

I am grateful for: _____

3 traits that my future self will have are: _____

The person I am becoming will experience more: _____

I have an opportunity to be my future self today when I: _____

When I think about who I am becoming I feel: _____