

GIVE ONE DAY A DEADLINE



HIDING IN YOUR COMFORT ZONE?

TURN YOUR DREAMS
INTO REALITY



"IF YOU WANT TO CHANGE
ANYTHING ABOUT YOURSELF,
YOU NEED TO START WITH
YOUR OWN THOUGHTS"

Your entire identity is based on your own belief systems you started creating as a child all the way to this very moment.

The older you are the more embedded your belief system is and with that also your thoughts, feelings, actions and daily habits.

So if you want to create a new behaviour, you need to change your current belief system and train your body and brain to think and feel differently.

Let's start now!

First, be clear on what your current identity is AKA "your current self", and then identify what you want to think and feel instead and who you want to become - "your future self".

Take some time to answer the following questions. There's no right or wrong answer so get creative, use your imagination and dream big. If the process itself starts to make you feel uncomfortable embrace it!

It means you are already thinking "outside the comfort zone" and letting the unfamiliar into your world. And that's a good thing.

BE THE PERSON YOU WANT TO BECOME

YOUR CURRENT SELF

1. When in your life do you feel most connected to yourself?
2. What is it in your life that leads to you feeling disconnected?
3. What areas of your life are you currently prioritising (where do you invest the most energy, focus, time and money)?
4. What are your three core values in life? Are they aligned with your current priorities you mentioned above?
5. What emotional state are you in on most days (feeling happy, sad, stressed, angry, excited, frustrated, anxious, calm & peaceful)?
6. When or with whom do you feel like you're suppressing who you really are?
7. Where in life do you currently crave the most change (what areas of your life do you want to change)?
8. What scares you the most about making this change?
Who are you afraid of upsetting?
9. What have you been tolerating in your life that you're tired of (do you say "yes" to people or commitments only to keep others happy)?
10. What story have you been playing out over time in your own head (what language do you use when talking to yourself)?
11. If you could change three things in your life, what would it be?
12. What do you currently believe about yourself and your body?

YOUR FUTURE SELF

1. What activities make you lose track of time?
How often are you doing them?
2. If time was no issue what would you do more of?
3. What does happiness look like to you? What makes you feel happy within yourself (things you're fully in control of, not external circumstances, e.g. my kids or partner)?
4. What are your three biggest personal goals you wish to achieve? (there are no limits to your dreams so get bold and dream beyond your imagination!)
5. Why those goals matter to you? (uncover your deeper purpose)
6. Where do you see yourself in 12 months time from now if you knew you couldn't fail? (describe who you are by then, be very specific)
7. As you've just created your future vision - future self, how is it to be there now? What do you hear, see, and feel? (write down as many details as possible)
8. What emotional state are you living in as your future self?
9. How would you treat yourself? What words and language would you use when talking to yourself?
10. What motivates you to get up every morning?
11. What do you believe about yourself and your body now?

Some questions are more difficult to answer than others but all of them serve the same purpose which is...?

...to make you **THINK** and **FEEL** differently!

WHY?

Because you manifest your goals, dreams and outcomes through thoughts and feelings. What you dwell on, you become. You either feed your negative mind or positive mind. It's your choice. Your circumstances don't define you.

Anchor the feeling you associate with your future self. Allow yourself to feel like you've **ALREADY** achieved your goals and dreams.

Evoke this very feeling **EVERY SINGLE DAY** for at least 10 mins. By imagining your goals as being already accomplished, you're changing your energy, attitude and behaviour. You're breaking your old habits & limitations while creating new, positive and empowering belief system.

