

A top-down view of a desk with a glass of water, white earbuds, a pen, a pencil, and a calendar. The text "THE art of INTENTIONAL LIVING" is overlaid on the image. The word "THE" is in a serif font, "art of" is in a cursive font, and "INTENTIONAL LIVING" is in a large, bold, serif font. Below this, the word "Workshop" is written in a large, cursive font. The background includes a glass of water, white earbuds, a pen, a pencil, and a calendar with sections for "WEEKLY LIFESTYLE" and "MEALS".

THE art of
INTENTIONAL LIVING

Workshop

THE *art of*
INTENTIONAL LIVING

Workshop

DAY FIVE

Activating Your Future Self

Key learning outcome:

Activating your future self simply means to begin EMBODYING who you desire to become in your present NOW.

LIVE LIKE YOU HAVE ALREADY ACCOMPLISHED YOUR GOAL

YOUR FUTURE IS NOW

To activate your future self, means to embody who you desire to become in **YOUR PRESENT NOW**

Many people think they have to wait to become BEFORE they can do. They wait to accomplish a goal before they can start living the extra ordinary live they desire.

The "One Day when.." Syndrome

When you start living like you have already accomplished your goal even if you are far from it, you bring yourself closer to your reality.

You also snap out of the 'one day when..' syndrome and begin to create **MOMENTUM** in your life.

YOU ARE ONLY STUCK BECAUSE YOUR LIFE HAS NO MOMENTUM

CLARIFY YOUR VISION

The first step in activating your future self is to get clear on what you want.

Knowing what you want first, will help you figure who you need to become in order to get it and that's where you get activated.

STEP ONE:

CHOOSE YOUR DREAM

A dream is a vision of who you want to be, what you want to experience or what you want to do with your life.

Example of dreams:

- To be fit and healthy
- To be financially free
- To travel the world
- To be in a wholesome relationship
- etc

WHAT TO DO WHEN YOU HAVE SO MANY DREAMS

THE DREAM CAPSULE 5 STEP PROCESS

1- A Dream Download

2- Your BIG dream

3- Your ONE YEAR MUST

4- Your 30 Day Dream Goal

5- Your Dream Commitment

Dream Download

The first in getting clear on what you want, especially if you want so many things in to do a brain dump. Dump down all your wild dreams and desires on paper.

No matter how big, small, wild or seemingly impossible.

JUST ALLOW YOURSELF TO DREAM LIKE YOU HAVE NO CARE IN THE WORLD.

Rules for this step:

- 1- Don't allow yourself to be confused
- 2- Don't tell yourself you don't know
- 3- Don't worry about how you will do it
- 4- Don't judge your dreams

Challenge yourself to step into the most **BOLD, COURAGEOUS** and
CONFIDENT self for this exercise.

Just dream BIG. No matter what that looks like.

ASK YOURSELF

WHAT WOULD BE THRILLING TO
ACCOMPLISH DURING YOUR
LIFETIME?

STEP TWO:

YOUR BIG DREAM

This is where you choose ONE dream to focus on. Ideally it should be a 12 month focus.

The reason why most people get or stay stuck and overwhelmed is because they are trying to create everything all at the same time.

THE RESULT IS THAT THEY END UP NOT CREATING ANYTHING AT ALL.

The more focus you have, the better you get at creating it.

4 Questions to help you decide your BIG dream.

1- Out of your dream download, which of those dreams will **CHALLENGE** you most?

2- Which would you be most **EXCITED** to accomplish?

3- Which of these dreams would make your life **EASIER** if you were to accomplish it. (**THE DOMINO EFFECT**)

4- Which of those dreams would you be most **PROUD** of creating?

REMEMBER YOU CAN WORK TOWARDS OTHER DREAMS IN THE
FUTURE.

So don't be afraid to decide and **PICK JUST ONE.**

STEP THREE:

YOUR ONE YEAR MUST

Once you have decided on your BIG dream, it's time to get the momentum going!

The best way to accomplish your big dream is to ask yourself:

WHAT MUST I SEE HAPPEN THIS YEAR IN MY LIFE?

What are you **NOT** willing to let another year go by without creating, experiencing or doing when it comes to your big dream?

REMEMBER FOCUS IS KEY

COME UP WITH NO MORE THAN 4 'MUSTS'

What must you create in the next 12 months of your life?

STEP FOUR:

YOUR 30 DAY GOAL

Pick your TOP 'Must' to start with and craft out your 30 day dream goal from it.

This is the one that speaks to you the most. The one that you will use to help you focus throughout the next 30 days.

TIME TO SET YOUR 30 DAY GOAL

FOUR RULES FOR GOAL SETTING

1- It must be something that you have control over. Something that you can **DIRECTLY** impact and create.

2- It must be **MEASURABLE**. How will you know you have accomplished it?

3- It must be **OBTAINABLE**. Don't set yourself up for overwhelm. You want to set a goal that you will be proud of yourself.

Keep in mind your work and personal commitments.

Be intentional about **SELF-CARE**

4- It must challenge and **EXPAND** you.

Reaching your goals is meant to stretch and challenge you. Find the 'Sweet Spot' between what is obtainable and expansive.

Choose a goal that will require you to evolve in order to create it.

WHO YOU BECOME IN PURSUIT OF YOUR GOAL IS THE BEST PART OF THE PROCESS.

STEP FIVE:

YOUR DREAM COMMITMENT

Decide who you want to become and what you want **AND THEN COMMIT TO YOURSELF.**

Stop being **INDECISIVE, OVERWHELMED OR CONFUSED.**

Be focused and give yourself the gift of completion.

NOW YOU ARE READY TO BE YOUR FUTURE SELF.

YOU MUST THINK LIKE A CREATOR

THOUGHTS TO AVOID:

- I don't know how
- I'm too old/young
- It's too late to start
- I don't have enough money/resources
- I'm stuck
- I'm confused

To create something
you've never had, you
MUST become someone
you've never been.

IMAGING THE VERSION OF YOU WHO IS LIVING YOUR DREAM.

- What does life look like?
- How do you feel?
- How do you think?
- How do you show up?

This is who you must start practising to BE now, NOT when the dream happens.

THE KEY IS TO THINK LIKE THE NEW VERSION OF YOU.

SHOW UP LIKE THE NEW VERSION OF YOU

UPGRADE YOUR ENVIRONMENT TO ALIGN WITH THE NEW VERSION OF
YOU **DAILY**

FUTURE SELF VISIUALISATION