



**Listen to the Future Self Visualization and then answer:**

What does your future self have to tell your present self?

---

---

---

---

How did your future self answer the life purpose question?

---

---

---

---

What did your future self say stood out the most in her memory over the last 20 years?

---

---

---

---

What did your future self say you most need to remember to get from where you are today to where she is?

---

---

---

---

What is your future self's nickname/symbol of her essence?

---

---