



# Your Current & Future Self

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A TOOL TO HELP YOU KNOW WHERE YOU ARE AND  
WHERE YOU WANT TO GO

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### How to Use This Tool.

Many people have fear of failure. This tool will help you overcome it because you'll have a picture of how your future will look. However, there's also fear of success. Success means that your lifestyle could change – the people you surround yourself with and the way you dress and talk too. Very few people who dream of winning the Lottery say that they'll stick with their old beaten-up car or wouldn't buy themselves a more lavish house.

Making changes in your life will, inevitably, mean that you, as a person, will have to change.

Change is scary because we know who we are and how we feel comfortable. The excuses we make for not changing come from our comfort. The only way to not change is to remove yourself from outside influence. Even then, you'll change physically, which will alter the way you think.

As you work through this sheet, take your time. Be honest with yourself – no one else needs to see it. Read each question and answer it as thoroughly as you can. Try not to move on to the second set of questions until you've answered all the first set. If you struggle – walk away from them for a while and come back later.

The first section is an analysis of you at the moment – answer the questions to reflect how you see yourself right now. It simply provides a baseline to start your future from.

The second section should be answered as if you are in the future. You're free to choose how far in the future that is.

For best results, I suggest answering this section for several points in your future. Depending on the challenge you are facing, you'll have a better idea of how you want your future to look. Some people might plan out their next year, three years, or five years, while others prefer to plan for only a few months. It is all up to you.

### CURRENT SELF EVALUATION

Investing in your future means understanding who you are and who you want to be. By understanding who you are now and who you want to be, you can challenge what you believe about yourself.

Take time to answer the following questions, revisit them and tweak them until you are happy that you have a clear picture of who you are right now.

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1. How would you describe yourself right now in three sentences or less?
2. Where do you currently live?
3. How important is what you earn to you?
4. How do you currently present yourself to the world? What do you look like?
5. What are your strengths? List 5 of them.





## FUTURE SELF EVALUATION

Think about your future and successful self. Consider who you'll be when you have reached the goals that you are setting for yourself at the moment. Take your time to really visualise who you are going to be. Think about as many details as you can.

As you build the picture in your mind, feel how you expect to feel. Consider the clothes you're going to be wearing. What sort of places will you visit and where will you shop?

Give some thought, too, about the kind of people you want to be around and how you're going to speak to them.

If you have a role model that you aspire to be like, picture yourself in their shoes. For this moment, you can really let yourself inhabit the new persona.

When you are sure of what you want your future to be like, answer the next questions.

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1. How would you describe yourself right now in three sentences or less?
  
  
  
  
  
  
  
  
  
  
  2. Describe what the new version of you needs to be to effortlessly achieve all your dreams and goals? Try to describe the character in 3 sentences or less.
  
  
  
  
  
  
  
  
  
  
  3. What strengths do you have that current you does not?



11. How does an average day compare to previously?

12. Describe what you love doing that you used to hate and avoid.

13. What do people say about you when you are in company?

14. What empowering beliefs do you have about your business and success that are now helping drive you on to your new goals?



## Analysis

So, now you have a bit of a picture of what you want your future self to look like. There's probably more to add. After all, you don't know what you don't know. There's one thing that it's crucial to remember — no matter what you want or how you go about getting it, you are going to change. That's inevitable.

What you have, though, is a gap analysis between what you have and what you want. Having a vision can form the basis of your plans for moving forward and will make the future less scary. It's far easier to plan when you begin with the end in mind.

You know what your version of success looks like so you can start the journey off in the right direction. It's important to remember that the journey to success is going to come with challenges and roadblocks, but it's also important to remember that challenges and failures are part of the process.

Challenges can be seen as an opportunity to learn and grow. Embrace them and use them to make you better and more prepared to take on the next challenge. With each challenge that you face, you're becoming closer and closer to achieving your vision of success.