



5-Minute Future You[✧] ✧ * Ritual ♡



A simple daily practice to
align with your dream life
in just 5 minutes.

Miracles and Merlot

Meet Your Future Self — Today

***Congratulations on saying yes to
your dream life!***

This 5-minute ritual is designed to help you connect with the version of you who already has everything you desire — and to begin living from that place now.

No fancy tools needed. Just you, your imagination, and a few moments of calm. This powerful technique is based on the Law of Assumption and visualization practices that have helped thousands manifest real, lasting change.

Let's begin ✨



What You'll Need:

A quiet space

A pen + journal (optional)

5 minutes

Your imagination



Step 1: Settle In (1 minute)

Sit or lie down. Take a deep breath. Let your shoulders drop. Relax your jaw. Close your eyes. Breathe in peace, exhale doubt.



Step 2: See Her / Him (2 minutes)

Visualize your Future You — the version of you who has everything you desire.

What is she / he wearing? How does she / he move?

What does her / his life look like? Who is around her / him?

How does she / he FEEL?

Let the vision become vivid, full-color, alive.



Step 3: BE Her / Him (1 minute)

Now imagine stepping INTO her/ his body — see the world through her /his eyes.

Feel her /his confidence, peace, joy.

Smile. Say in your mind:

✨ I AM her / him now. ✨



Step 4: Lock It In (1 minute)

(Optional) Open your eyes and jot down:

1 word that captures how Future You feels

1 thing you'll do today as the future you.



You can copy this into your journal or reprint this page.

Today's Date: _____

Future Me feels: _____

One thing I'll do today as Future Me: _____

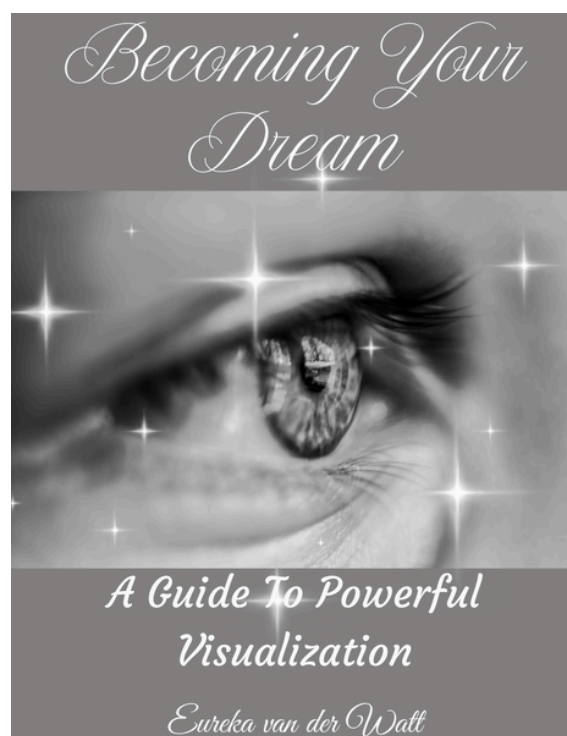


Love this ritual? Want to manifest even faster?

My eBook “Becoming Your Dream” teaches you exactly how to use your imagination to rewire your reality, shift your identity, and become magnetic to the life you desire.

✨ Includes exercises, stories, and clear instructions to help you step into your future self- and have fun doing it!

👉 Click here to grab your copy now.



Let's stay connected!

Instagram: **@miracles_merlot**

YouTube: **Quantum Alchemy**

Website: **www.miraclesandmerlot.com**

Facebook Private Group:

<https://www.facebook.com/groups/miraclesandmerlot>

And remember...

You are not becoming her / him

— you already ARE her / him



Eureka