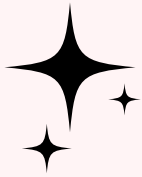


# Future Self Starter Kit



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# Hey Girl!

## Welcome to Future You!

Right now, you're standing at the start of something awesome, creating a version of yourself and a life you love! The fact that you're here means you're ready to stop living on autopilot, which is a step most people don't take - they sleepwalk through life. But you are different, you want more, and you are ready to start stepping into the **best version of yourself** - the version who is confident, fulfilled, and thriving.

This **Future Self Starter Kit** is your first step toward becoming her. It's designed to give you **clarity, direction, and a game plan** so you can start showing up as your Future You **right now**.

Let's go! 🔥

# Step 1: Meet Your Future Self

Before you can become her, you need to **know who she is**.

This exercise will help you gain clarity on the **future you truly want to create**.

Journal Prompts:

- Imagine your best future self waking up in the morning. Describe her ideal day from the minute she wakes up to the moment she falls asleep. Where is she living? What does she do? How does she feel? How does she show up during the day?
- What are the three key qualities that define her? (e.g., confident, disciplined, joyful)
- What habits, routines and systems does she have that make her feel her best?
- What does Future You no longer tolerate in her life?
- If Future You could give you one message today, what would she say?

Take your time writing these out; your answers will help you create an **action plan to step into this version of you**.

# Step 2: Spot & Flip Your Limiting Beliefs

Your current mindset might be holding you back without you even realising it.

Future You doesn't let limiting beliefs run the show 😊, so let's flip them!

## Identify Your Limiting Beliefs:

- What is one thought that regularly stops you from stepping into your best self? (e.g., “I’m not good enough,” “I can’t stick to anything,” “I don’t have time.”)
- Where did this belief come from? Is it actually true?
- How has this belief held you back from taking action? How does believing this make you feel?

## Flip the Script: Now, let's reframe it into an empowering belief:

- Instead of “I’m not good enough”, → you could say, “I am learning, growing, and worthy of success.”
- Instead of “I can't stick to anything”, → you could say, “My past doesn't matter, today is all that counts, and today I will make the right choices for me”
- Instead of “I don't have time”, → you could say, “I prioritise what really matters to me.”

✨ **Power Move:** Write down your new empowering belief and read it aloud every morning as part of your routine. Future You already believes in herself, it's time for you to do the same!

# Step 3: Future You Vision Board

Now that you have **clarity** and have got to know your future self better, let's make it **visual**!

**Option 1:** Create a digital vision board on Pinterest or use Canva to design a collage with images that represent your Future You's lifestyle, habits, and mindset.

**Option 2:** Old-school vision board! Grab magazines, print images, and create a physical board to keep somewhere visible.

Or do both!!

✨ **Power Move:** Set your vision board as your phone wallpaper so you see it daily!

# Step 4: Future You Action Plan

It's time to start **acting like her TODAY.**

**Ask yourself:** What is ONE small habit Future You has that you can start right now?

- If she's healthy & energised → Start moving your body daily.
- If she's confident & disciplined → Set a morning routine to support yourself (journaling, affirmations, reading).
- If she's financially free → Start tracking your money, being intentional with spending and treating money with respect.

## **Action Steps:**

- Write down **one action** you will commit to this week that aligns with your Future Self.
- Schedule it into your day - if it's not scheduled, it won't happen!
- Find a Future You Reminder (a quote, a mantra, or even setting alarms that say "What would Future You do?") - changing habits or your mindset will be hard if you aren't intentional.

# Step 5: Daily Future Self Journal Prompt

To keep your transformation going, I recommend you spend 5 minutes each morning answering this powerful question:

“How can I show up today as my Future Self?”

Write it out, feel into her energy, and take action on at least **one thing**. Think about the day you have ahead and how she would handle it.

Small steps daily = **big transformations**.

# Step 6: Bonus - Future You Pep Talk

Whenever self-doubt creeps in, read this aloud:

- 🔥 I am stepping into my best self daily.
- 🔥 Every action I take aligns me with my Future Self.
- 🔥 I am worthy of the life I desire, and I am creating it NOW.

You've got this! 🧑🏻♀️

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