

EXERCISES TO REALIZE YOUR FUTURE SELF

Your current self with your current results is a placeholder for your future self and future results. Any future you have will go through this point right now. You will need to take action starting exactly where you are now. Complete the exercises below with this in mind.

1. Choose any area of your life. Write down one goal that you would secretly love to accomplish.
2. What excuses have you been using that have prevented you realizing this goal? List them.
3. If your primary excuse was engraved on your headstone, what would it say?
4. List at least five reasons why this excuse is only a thought and not a fact.
5. What would your future self, who has already accomplished your goal, tell you is the solution to your excuse?