

Future Self Worksheet

Reflecting on your “future self” is one of the most powerful exercises in personal growth and realizing your full potential.

The choices you make today ultimately shape who you become in the future, yet many people overlook the long-term consequences of their actions.

In this worksheet, you'll explore insightful and thought-provoking questions about your “future self” to gain clarity on where you want to go in life and how to get there.

Keep in mind, this is a brainstorming exercise – nothing you write is set in stone or unchangeable. The main purpose is to encourage you to think more about your future.

Go to the next page to begin the exercise!

1. How often do you think about your future self?

2. If you stay on the exact same path you're on right now, what will your future self look like in 10 or 20 years? Try to be as honest and detailed as possible.

3. On a scale of 1-10, how happy are you with the future described above?

4. Do you feel you need to make a change to your current path?

- Yes**
- No**
- Not sure**

5. In a decade, what's one thing you want to achieve in the following areas:

- Health: _____
- Work: _____
- Love: _____
- Family: _____
- Friends: _____
- Education: _____
- Money: _____
- Happiness: _____
- Religion/Spirituality: _____

6. Which area in life do you feel *least* confident about in the future?

7. Which area in life do you feel *most* confident about in the future?

8. Name one positive daily habit in each area that would bring you closer to your future self:

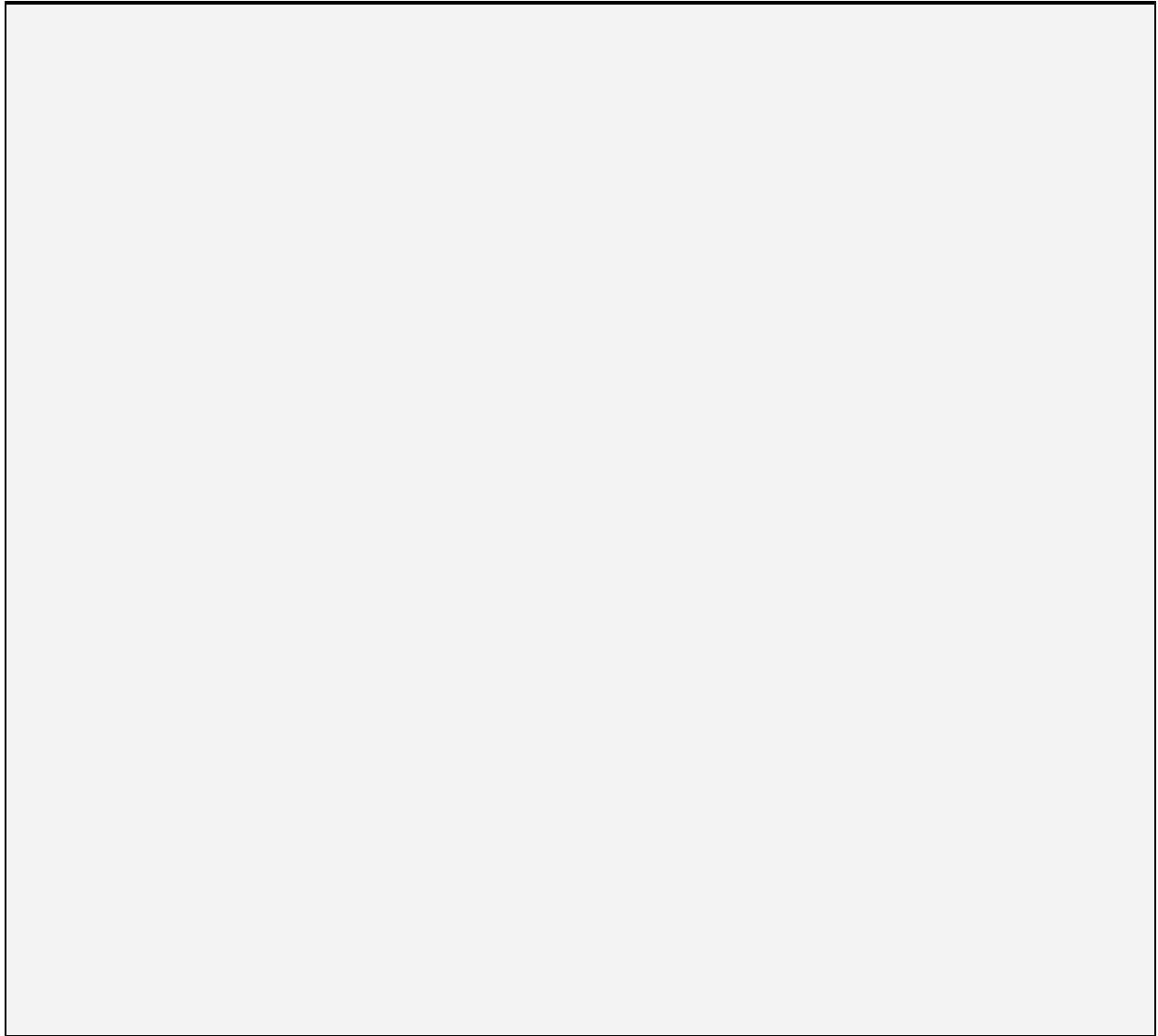
- Health: _____
- Work: _____
- Love: _____
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- Money: _____
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9. Write down 3 big goals you'd like to accomplish by the end of your lifetime:

- _____
- _____
- _____

10. Now take the perspective of your ideal “future self” and write a letter to your current self. What would they say to you? What type of advice would they give? What words of encouragement?

Be creative with it and have fun!



Congratulations! You've completed the worksheet.