

New + Expanded

FUTURE SELF JOURNAL

Create Who You Want to Become



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Why the Future Self Journal works

Future Self Journaling is a daily practice to help you break out of your subconscious autopilot- or the daily conditioned patterns/habits that are keeping you stuck repeating your past. This is done in the FSJ by:

- Witnessing the ways you remain “stuck” in your past conditioning
- Setting a conscious daily intention to change
- Setting small, actionable steps to begin making new daily choices towards a different future outcome, while acknowledging and accepting the presence of mental resistance

Your brain is capable of incredible change

Your brain can change throughout life. Yup, read that again. Science has proven that your brain is able to grow new cells and strengthen and re-wire itself. This is called neuroplasticity.

Most of us have been strengthening all the pathways of habits (beliefs, feelings, behaviors, coping skills) we learned since childhood by repeating most of those habits daily. Our brains are plastic, which means through intentional acts we can change the pathways in our brain. To create change, we need to begin to fire new neurons and create new pathways. Over time, these new pathways can be stored in our subconscious as our new "autopilot".

If you can dream it, you can create it

Mental rehearsal, or the action of mentally picturing events, has been extensively proven to impact real life performance. This highlights the power of our minds. Our body doesn't know the difference between what's real and what's imagined, so we're actually training and creating repetitions of success when we mentally rehearse. Writing in the present tense (i.e., “I am”) sends a message that these changes are already taking place. It signals they're already here.

Repetition establishes new habits

You can rewire your subconscious through constant repetition until you have established a new “program”. To create sustained change, our brains need consistent practice (to lay down and strengthen new neurons and connections). This practice only takes 5-8 minutes a day, making it simpler to make time for each day.

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Steps to use the

Future Self Journal

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1

Witness patterns of thoughts, feelings, + behaviors keeping you stuck

Spend some time thinking (and maybe even journaling) about the different areas in your life. For example: mental/psychological, financial/professional, spiritual, physical (lifestyle) and social/relationships, leisure time, etc. Some of you may want to spend some time witnessing yourself daily in each of these areas to begin noting your conditioned patterns.

Once you've done some thinking, journaling and/or self-witnessing, begin to consider what changes you can begin to make in each of these areas to experience more fulfillment. There may be more than one. *Remember to focus only on changes you can make yourself, and avoid focusing on changing someone else's behavior.*

Use this list below to begin to note changes in all areas that apply*:

Emotional

What I witness: I often feel reactive + not able to handle my emotions

What I can change: I can practice using deep belly breaths to regulate my body's emotional reactions

Spiritual

What I witness: I don't feel connected to my intuition and struggle to "know what's best for me"

What I can change: I can practice connecting to my physical body, where my intuition resides

Social/Interpersonal

What I witness: I don't feel my needs are honored in relationships

*What I can change: I can practice becoming more aware of **my** wants + needs in relationships*

Physical/Lifestyle

What I witness: I feel pulled in many different directions as I try to start my day

What I can change: I can practice creating a morning routine, starting my day with one small choice for myself

Professional

What I witness: I am unable to say no when colleagues request things of me

What I can change: I can practice saying no to simple requests such as lunch plans

*Note: *You can (and many will want to) revisit this step in the future as your healing evolves with new areas to work towards change*

2

Pick one SMALL area of change

Start VERY small. Too much change too quickly can overwhelm our subconscious's desire for the safety of familiarity. Therefore, working to change one small area at a time is most helpful.

In Step 1, you have likely identified more than one area you'd like to create a new habit around. Your ego will now probably try to suggest (or demand) you focus on multiple changes at once. This is OK. Don't stress about which one you pick first - there are no right or wrong ways to start. Promise.

Looking at your lists in each area, spend some time thinking about the one area (mental, social/relationships, professional, etc) where change seems most possible for you right now. Once you've identified the one area you'll begin to create a new habit in, you'll want to begin with only **one small** change/new habit. Pick the one in this list that also feels the most approachable for you right now.

Remember, you want to set yourself up to succeed. Sticking with one small habit change helps you to avoid overwhelm, helping you keep those small daily promises, even when difficult. Over time, this consistent promise helps rebuild self-trust and confidence from years of self-betrayal (or not keeping promises to yourself). This helps you to continue creating and keeping bigger and bigger promises to yourself over time. Some of the greatest change can truly start with a promise as small as drinking one glass of water every day!

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Set conscious intention to create change in that one chosen area each day (from Step 2)

Create time for a new daily journaling habit.

Find a time when you have the most mental clarity, when your mind is in a clear and peaceful state. For some people this is in the morning and for others it's in the evening. Do not try to do this when you're in the middle of a stressful state or feeling emotionally depleted.

Most of you will have to remind yourself to do your daily journaling, as this will be a new habit in itself. Once you have found/created a time in your day that works best for you, it will be helpful to try to plan your futures schedule accordingly, so that you don't skip a day. Set an alarm or put a reminder on your phone to help you remember. Keep the journal in a space where it's convenient.

If you skip a day, it's not an issue (promise, it's completely OK and normal in the beginning). Try to avoid assigning meaning to skipping a day (i.e., "I never finish what I start", "I'm lazy"). Affirm to yourself that you will start again tomorrow. With each new habit there are times when you will not show up. This is ok. This is part of the path of learning to trust yourself. Today is one day. Tomorrow is a new opportunity.

Set a conscious intention to change each day using the daily journal prompts

Use the journal prompts provided below [*completed prompt examples on following pages*] to bring your new habit to the attention of your conscious mind. Doing so helps interrupt the autopilot of our old habits and creates a present opportunity to make a new choice.

Today I am practicing _____

I am grateful for _____

Today, I am _____

Change in this area allows me to feel _____

Today I am practicing when _____

TIPS:

- Don't focus on being "perfect" with this practice or your answers to the daily journal prompts. Don't focus on if you are doing it "right." If you can only do one question, just do one question. Build up each day. The act of completing a task you've committed to is helpful in your healing. Do what you can.
- Remember to stay focused on the one area of change identified in the previous step (Step 2), as focusing on changing too many areas all at once can lead to overwhelm. Try to think of all the ways you can begin this new practice throughout your day. For example, if you are working to be more conscious, think of all of the moments throughout your day where you could begin to practice consciousness. Some ideas for these moments to practice: during daily meals, while completing daily "errands" and when interacting with other people.
- Your answers to the daily prompts may be very similar. Repetition is necessary to form new habits (and the mental neuronal pathways that go with these changes).
- Note that you will likely NOT BELIEVE your new affirmations at first and may not even believe you feel grateful for the things you list. That's OK. In time you will find even your deepest held beliefs can change with consistent practice. Promise.
- **Patience.** Change takes time and many of your new habits will take longer than 30 days to form. Stick with each area of change until you find your new habits becoming more consistent. Make sure you witness this consistency before changing to work on a new area.

**ADVANCED PRACTICE* [optional for those of you who have been experimenting with or who have an active practice of visualization]*

When writing your journal prompts, take a moment to begin to visualize yourself embodying, or living, this change already. Picture circumstances that would evoke your old, conditioned response and begin to practice visualizing your new, chosen response. If possible (and it will become more so over time), begin to allow yourself to practice all of the feelings your new responses would allow.

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Begin to practice changing the thoughts, feelings and behaviors that are keeping you stuck daily

While these journal prompts can be a helpful tool to create new pathways in your brain to facilitate change, you will still want to begin practicing these new habits throughout your day.

Resistance (mental chatter) to change, even simply journaling about change, is very normal. **We typically have resistance to the things we need to do most for our evolution.** The subconscious mind is very powerful, and when we attempt to break up its patterning, there will be a mental temper tantrum. You might feel anxious, scared, or even completely blocked off from making this new change. Overcoming this is part of the process. Each time you make the choice to do the practice--even when your thoughts may be yelling to do otherwise--you are overcoming your mental resistance. Over time, these new habits will become a new "normal" for you.

5

Repeat consistently each day to create long lasting change and transformation

This is not a quick fix. Repetition is key in this practice. In order to re-wire the neural pathways, you'll need to commit to this daily journal and habit creation practice for at least 30 days (and often times many more), to ensure that you are well on your way to saving this new habit as a new subconscious pattern.

Notice and celebrate your success daily!

- Notice yourself keeping each one of these new promises to yourself daily. And YES, simply writing your journal prompts is one of those daily promises to notice and celebrate!
- Avoid any tendency to minimize or invalidate your progress. We all have a pretty harsh inner critic that loves to prey upon us when we try new things. Simply note that your critical voice is present and remove your attention from this unhelpful commentary.
- Notice any and all personal changes as they accumulate over time. Remember to have patience as new habits take time to create.
- Remember, your ego (who's "job" it is to keep you in that familiar zone of "you") will likely get unruly at this time, trying to diminish your progress, compare your progress to others, etc. This is okay. Keep practicing. Keep celebrating. Keep going. Consistently is the foundation to your healing and transformation.

Future Self Journal: Prompts

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Daily Prompts: How to Use

I am practicing: *After witnessing your habitual thoughts and feelings keeping you stuck, pick ONE area you will begin to work on to create change.*

I am grateful for: *Identifying + focusing on what you're grateful for helps you to acknowledge what already exists + helps positively shift your energy*

Today, I am...[new thought/affirmation]: *Habitual thoughts keep you stuck. Note a new thought/affirmation that will be a helpful reminder to create your desired change*

Change in this area allows me to feel...[new feeling]: *Habitual thoughts results in habitual feelings (or "emotional addictions"). Note how you would begin to feel (about yourself, others, the world, etc) if you began to believe your new thought [above ^]. Write in present tense. Speak as if.*

Today, I am practicing when....[new behavior]: *To create change, you will need to begin to practice consistently. Note how and when you will be able to begin practicing your changes throughout your day.*

Daily Prompts [Feel free to print + write on directly, or re-write in your own journal]:

Today I am practicing _____

I am grateful for _____

Today, I am _____

Change in this area allows me to feel _____

Today I am practicing when _____

Daily Prompts [Feel free to print + write on directly, or re-write in your own journal]:

Today I am practicing _____

I am grateful for _____

Today, I am _____

Change in this area allows me to feel _____

Today I am practicing when _____

Future Self Journal: Prompts

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Daily Prompts: Example [for those wanting to practice becoming conscious]

Today I am practicing living consciously

I am grateful for another opportunity to practice being conscious

Today, I am "present"

Change in this area allows me to feel more connected with myself + others

Today I am practicing when I practice noticing where my attention is + bring it back to the present moment

Daily Prompts: Example [for those wanting to work on emotional reactivity]

Today I am practicing using my breath to regulate my feelings

I am grateful for another opportunity to practice a new way to regulate my feelings

Today, I am "calm + at peace"

Change in this area allows me to feel more in control of my responses to my feelings

Today I am practicing when I use deep belly breaths to calm my feelings when I speak with my partner

Daily Prompts: Example [for those wanting to work on meeting the needs of their inner child]

Today I am practicing allowing myself to feel worthy of love

I am grateful for another opportunity to practice allowing myself to feel worthy of love

Today, I am "worthy" of love

Change in this area allows me to feel more positive about myself in my relationships

Today I am practicing when I use my affirmation ("I am worthy of love") when my mind tries to tell me otherwise

Future Self Journal FAQs

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"Do I need to do it every single day?"

Yes. This technique uses neuroplasticity. Our brains are plastic, which means through intentional acts we can change the pathways in our brain. However, it takes *consistent repetition* to change these pathways. This practice only takes 5-8 minutes a day, making it simpler and more approachable to complete daily.

"What if I skip a day?"

No problem. If you skip a day, that's ok. This is not an issue. Try to avoid assigning meaning to skipping a day (i.e., "I never finish what I start", "I'm lazy"). Affirm to yourself that you will start again tomorrow. With each new habit there are times when you will not show up. This is part of the path of learning to trust yourself. Today is one day. Tomorrow is a new opportunity.

"I have major resistance to journaling. I just can't seem to start. Help."

Resistance (mental chatter) is very normal. We typically have resistance to the things we need to do most for our evolution. The subconscious mind is very powerful, and when we attempt to break up its patterning, there will be a mental temper tantrum. You might feel anxious, scared, or even completely blocked off from doing it. Overcoming this is part of the process. Each time you make the choice to do the practice--even when your thoughts may be yelling to do otherwise--you are overcoming your mental resistance. Don't focus on it being "perfect". Don't focus on if you are doing it "right." If you can only do one question, just do one question. Build up each day. The act of completing a task you've committed to is helpful in your healing.

"You always show yourself journaling in the morning. Does that mean it's the best/right time?"

If you follow me on Instagram, you've seen me journaling every single morning. This is the time that works best for *me*. It's when I'm in the most creative and relaxed state. This is different for everyone. Some of you might want to do it before bed. Others might like to do it during a lunch break. The time is unimportant. *It is the act of completing that is important.* You might want to experiment with a few different times to see what works best. There is no "right" time to do Future Self Journaling.

Future Self Journal FAQs

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"I am not having any breakthroughs. Does Future Self Journaling work for everyone?"

Future Self Journaling can work for everyone. It's the act of becoming consciously aware. However, it's just a pathway to that awareness. You will start to be more aware of how you're thinking and behaving. The more you commit to the practice, without judging the experience, the better your results will be.

"I don't want to keep the same pattern for 30 days, can I change it?"

You will get the most benefit if you stick to one pattern. It will allow you to focus your full attention on making that one change. You'll then answer the daily prompts (and begin to practice your new habit throughout your day) related to that one area of change. Sticking to it for the entire 30 days will ensure your being well on your way to saving this new habit as a new subconscious pattern.

"I'm skeptical about this working."

This is mental resistance and it's normal. Don't focus on being skeptical. Focus your awareness on the questions. Answer them with as much clarity as you can. As you go through the process, the skeptical resistance will fade.

"Is it ok if I type the Future Self Journal?"

Yes. However, you will get more benefit by writing. Neuroscience shows us that writing connects differently in our brains.

"I'm struggling with _____, what should I journal about?"

You might come up against mental and emotional blocks during this process. Figuring out this process on your own is an important part of healing. Don't worry about doing it "perfectly." Focus on connecting to your own inner voice.