

Future Self Journal Prompts

The process of journaling with the intention of crafting a future version of yourself is very powerful. Casting your future self in the written word reinforces the biological process of encoding perceptions into long-term memory. So by writing down your ideas, they become more “sticky” in the brain. When you show up and do this every day, magic happens.

Step 1

Choose something about yourself that you would like to change or improve. Commit to journaling about that specific thing for at least 30 days.

Step 2

Using the journal prompts below, write what comes up for you every day, based on your future self goal. It might be the same thoughts every day or it might be different observations. It doesn't matter what you write down - it matters that you do the work consistently.

Step 3

Repeat daily for 30 days and see where you are. If you haven't made significant progress toward your goal, keep at it, or choose a different focus for the next 30 days.

Future Self Journal Prompts

Print this out and write in your journal, whatever comes to mind when you read the following...

My future self is _____

I practice this by _____

My future self is no longer triggered by _____

I am grateful that my future self is _____

When I think about behaving as my future self, I feel _____

I am closer to my future self when I _____

To step into my future self today, I will _____