

BELIEVE IN YOU

Name:

Date:

FUTURE SELF

YOU ARE THE HERO OF YOUR OWN STORY

BELIEVE IN YOU | 5 DAYS



This journal is designed for students and adults. *Go Be Great!*

BELIEVE IN YOU FUTURE SELF

/noun/

A vision that a person creates of themselves at any point in the future with developed characteristics and achievements.

Welcome to the 5 Day Future Self Journal.

Your internal voice is a very powerful storyteller. In fact, the stories that people tell themselves work to shape their past, present and future. **The 5 Day Future Self Journal is designed to help you write a positive and powerful story about who you will become.**

Focusing on the Future Self is not new to personal development. We know that the more connected we are to a vision of our future selves, the better we'll treat ourselves today.

This work will require you to be courageous. The world around you has already planted seeds of doubt that can be hard to shake. Putting a positive vision of your future self on paper will give your internal voice the power to stay optimistic. It will give you a clear path to follow, and words of encouragement to use when you're faced with a challenge.

It's a good idea to return to this journal every year. Review what you wrote, and then repeat the process. Remember, be kind and patient with your current self. Allow your future self to be an encouraging friend who wants you to succeed.

Believe and Achieve – We Believe In You

This journal is free to everyone as a public service of Varsity Brands.

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BELIEVE IN YOU

Create a vision to empower your purpose.

Imagine yourself three years in the future – in a perfect place, feeling a perfect feeling of accomplishment and peace. What do you look like? What have you accomplished?

It's important to visualize and create your **ideal future**. This future vision can be a powerful motivator as you set and work toward goals.

Inside your mind, anything is possible.

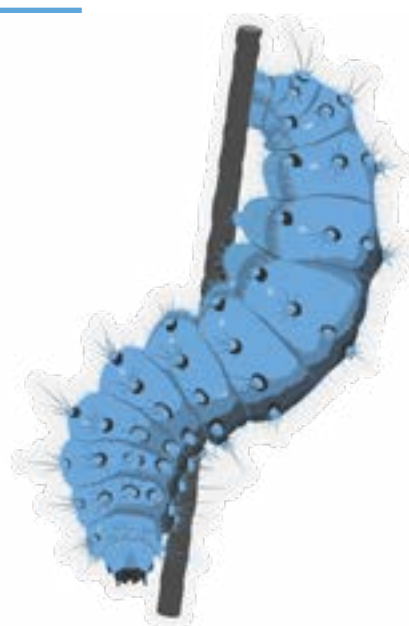
DAY 1

When you visualize your future self in full detail, your brain can't tell the difference between your vision and today's reality.

In the space below, describe what your future self looks like.

Describe the place where your vision takes place. What do you look like?

What did you accomplish in order to make it to that place?



BELIEVE IN YOU

Conquer challenges and unlock inner strength.

Obstacles will be conquered! No one becomes their ideal future self without overcoming obstacles and challenges. Now that you can see what you want, you can also predict some of the obstacles that you may face.

Prepare to be resilient and determined by visualizing yourself conquering every challenge that you face.

DAY 2



Legends are born from challenge.

Practice overcoming each challenge inside your mind – where you can try new solutions.

In the space below, list two possible obstacles that you will face on your journey to becoming your future self.

Next, describe how you will overcome each challenge. Give as much detail as possible.

BELIEVE IN YOU

Take action to unleash your potential.

Future-forward actions are the key to unlocking the best version of your future self. Visualizing is important, but it's not enough. Allow your vision to help you make good decisions today that will allow you to make progress toward your future.

Prioritize your time and energy and spend them on building your incredible future.

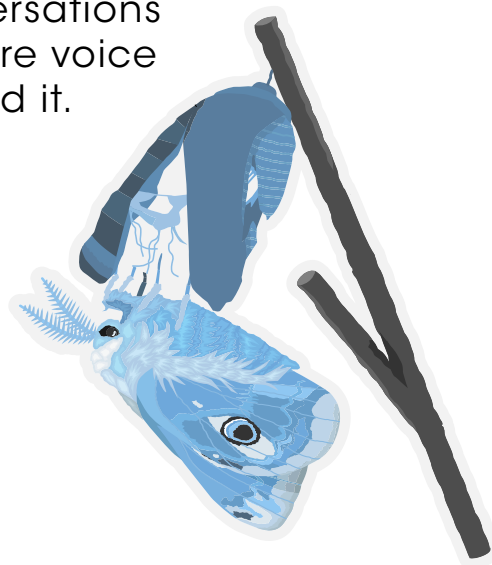
Ask your future self for guidance.

DAY 3

Allow your future self to join the conversations happening in your head. A clear future voice can offer great advice when you need it.

Ask your future self what actions you need to take to reach your goals.

In the space below, write the answer your future self gives you. What should you do today that will help you reach your goals? What should you do next week? What should you do next month?



BELIEVE IN YOU

Everyday choices shape your destiny.

You are in control of the choices and actions that will become your future. There will be hundreds, if not thousands of decisions along the way. The good news is, any mistake made can become a powerful lesson to help guide your progress.

Do the best that you can to think about how your decisions will help you realize your vision for the future. Then, take action.

DAY 4

Move forward, one decision at a time.



Prioritize your future success. Make daily decisions that will help you achieve your goals.

In the space below, describe two good decisions that you've made recently that will help you become your amazing future self.

Next, describe one important lesson you've learned from a life experience that will help you reach your goals.

BELIEVE IN YOU

Take small steps toward powerful purpose.

It's time to build your future. The next page is a 21-day streak builder. Creating your future self is all about building streaks of healthy behaviors. 21-day streaks are powerful steps forward!

Start with one new habit. Think about healthy and positive things that your future self does every day, that you currently do not do. Pick one of those things and start building a streak!

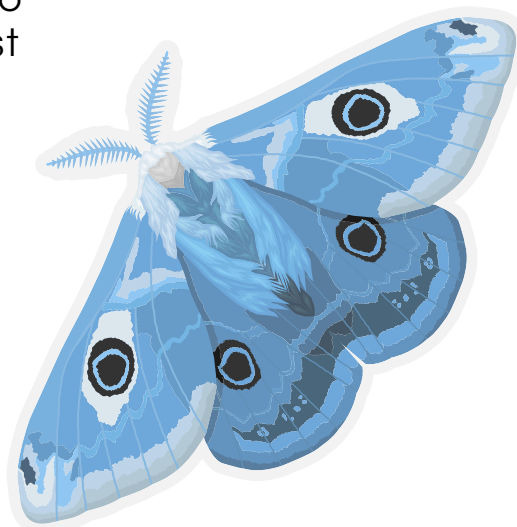
Take one step every single day.

DAY 5

Small positive behaviors can turn into lifelong habits. Don't overthink it. Just pick something and get started!

In the space below, make a list of three small positive behaviors that you can see your future self doing every day.

Next, pick the behavior that you think will be the easiest to stick with for 21 days. Why do you think this new habit will help your future self succeed?



BELIEVE IN YOU

Future Focused 21-Day Streak Builder

You are building your future, one day at a time!

Write the name and very short description of the future-focused habit that you're building:

Write the date that you're starting your streak:

Put an X through the circle each day that you keep your future-focused streak alive.

1 DAY 1 DONE!	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21 YES YOU DID IT!			

You did it. Now what? Pick a new future focused habit and start again!

BELIEVE IN YOU

LEAD BY EXAMPLE Priority Learning Outcomes

Based on CADA Student Leadership Standards

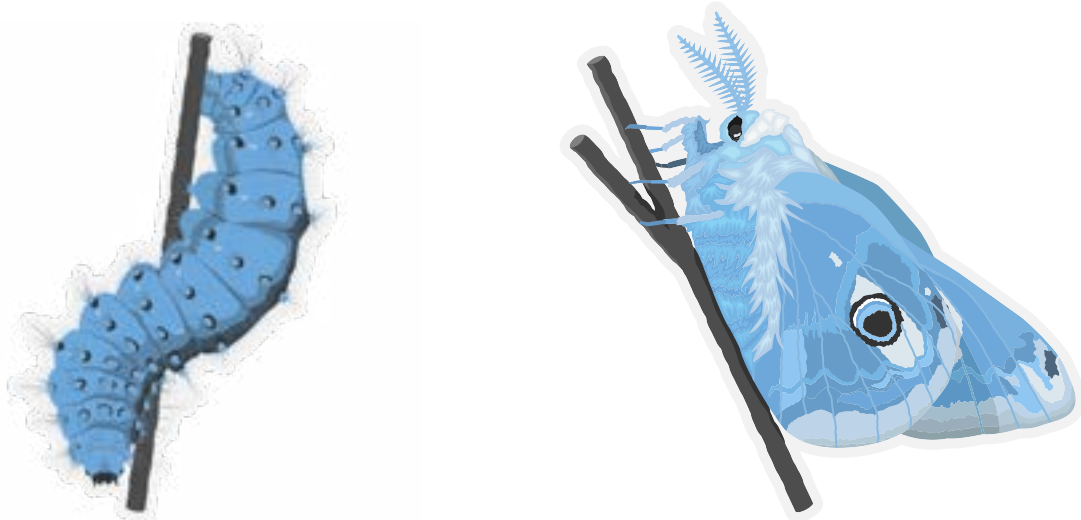
This journal-based experience is designed to help individuals reach the following leadership outcomes:

Communication

- Individuals will reflect on successes and areas for growth with growth mindset and optimism.

Personal and Social Development

- Individuals will identify emotions, thoughts, and values that impact behavior and self-efficacy.
 - Individuals will analyze personal strengths and areas for improvement with healthy self-perception, self-competence, and growth mindset.
 - Individuals will access and utilize self-management and self-regulation tools and strategies related to stress, motivation, discipline, and impulse control.
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The world needs you. We Believe In You.

For more information about the CADA Student Leadership Standards visit www.cada1.org

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BELIEVE IN YOU

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