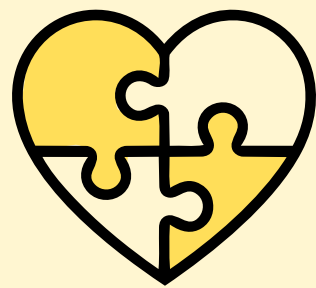


Future Self Blueprint



Disconnect from your past identity and focus on the person you want to become in 5 years.

STEP-BY-STEP INSTRUCTIONS:

- 1 Write Who You Want to Be**
 In the **I AM** column, write down what you envision for yourself in five years. Think about attributes beyond work. (e.g., "I am a loving partner," "I am financially free," "I am a published author").
- 2 What Actions Will Get You There?**
 In the **I SHOULD** column, write down actions you should take today to become that person. These are specific tasks, like: "I should read for 30 minutes every day,"/"I should open a savings account."
- 3 Integrate It**
 Pick one action from your **I SHOULD** column and schedule it into your daily or weekly calendar. Write it down. Track your progress for the next week.

1 I AM VS I SHOULD

This helps you visualize and map out a clear path to get there.

I AM (FUTURE SELF)	I SHOULD (ACTIONS TODAY)

2 WEEKLY TRACKER

Chosen Action:

MON	TUES	WED	THURS	FRI	SAT	SUN

3 REFLECTION

After the week, reflect on how taking steps towards your future self made you feel. What did you learn?