

A photograph of a path covered in a thick layer of pink cherry blossom petals. The path is flanked by trees with dark trunks and branches, heavily laden with vibrant pink blossoms. The scene is set in a lush green environment, with a fence visible on the left side. The overall atmosphere is serene and beautiful.

Take a Walk

with your Future Self

Welcome to Your Future Self Visualization Kit!

Get cool insights, stellar advice & creative inspiration from...the future you!

**Are you feeling stuck or uncertain about your 'purpose' in life?
Do you ever wonder if there's something more you should be doing?**

You're definitely not alone.

Feeling "stuck" or "uncertain" most likely means you're not in alignment with your creative power.

"What heck does that mean?"

When you are IN alignment with your creative power, you're fulfilled. You are contributing, making a difference, you breathe easier, you smile more, you're more relaxed, life FLOWS.. (insert happy face)

When you are OUT of alignment with your creative power, you feel unhappy, unfulfilled, uninspired, flat maybe even defeated, STUCK. (insert sad face)

If you are OUT of alignment right now, one powerful way to connect with your creative power and INTO alignment is with the Future Self Visualization meditation.

Visiting your Future Self gives you a detailed view of who you wish to be in 5,10,15 years from now.

Your Future Self is a pathway into your unconscious mind and a bridge to the most positive part of yourself. From here, you get the bigger picture, you get ah-ha moments, advice, insights, inspiration and wisdom! Often times it's one positive step towards becoming UNSTUCK.

Once you discover your Future Self, you can always go to this place of clarity, certainty, positivity, inspiration anytime, anywhere! It's like having your advice expert.

With that said.... **Are you in?**

Before the Meditation



What should I meditate on?

Meditate on what feels most alive in this moment. Is it career, relationship, family? You can do this process again if you choose to focus on something else next time.

Or just allow yourself to go on the journey and see what appears - it's like pulling a tarot card and not knowing what to ask it - so you say, "tell me something I need to know".



Set the Mood

Make sure that you are in a quiet place where you won't be interrupted for the next 60 minutes.

Shut off your cell phone, TV, or any other devices that make noise!

Materials:

- Journal or paper to write on
- Pen or pencil
- Art materials

(paint, watercolor, ink, oil pastels, canvas, paper, etc.)



Set the mood (optional):

- Get into a comfortable position
- Dim the lights
- Light a candle
- Throw on some meditation music

Now, begin the audio meditation

After the Meditation



Free Write

Journal about your experience with your Future Self. Write as long and as in depth as possible.

Remembering details, smells, colors, shapes
Were you in nature or a cityscape?

What messages did your Future Self have for you?

Free write as long as needed.



Paint, Draw It

Once you have the notes, it's time to bring your Future Self to life with watercolors, paints, colored pencils, you set out for yourself.

Don't worry if you have never drawn or painted before! It's not about technique or skills. It's about tuning in and being with your Future Self. Reread your notes, incorporate any colors, shapes, sounds, textures into your painting or drawing. Incorporate words and messages from your writings.



Get lost in the process. Play! Create!
Work as long as you like.

Completion



When you are done with your Future Self journaling and/or painting:

Study it. Soak it in. Be with it.

Hang it up some place where you can see it every day as a reminder of who you are right now and where you want to be.

Now, that you've gotten to know your Future Self more intimately, keep the momentum going. **Let's talk about it!** Book a free 30 minute call with me to explore the wisdom of your Future Self visualization.

We'll explore your journaling, art piece and gain insights and how coaching will empower you to move from where you are right now and get you moving in the direction of your future self.

**Book Your Complimentary 30 minutes session:
kori@inspirality.com**