



YOUR FUTURE SELF

Who do you want to become?

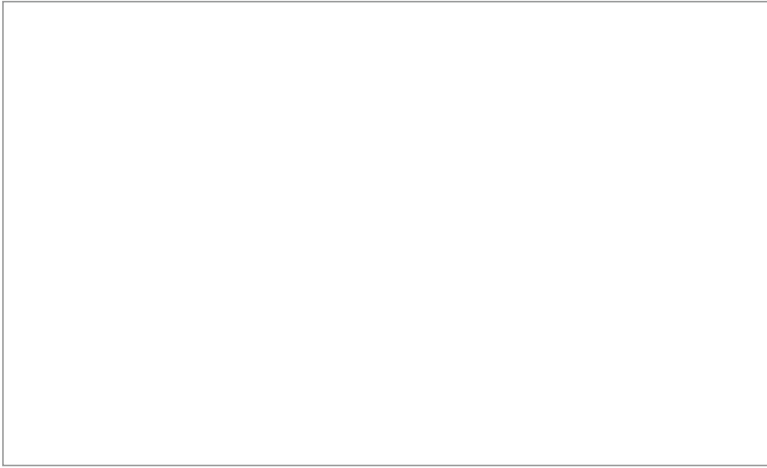
Where do you want to be in three years?

Where you will be in three years? What do you want your life to look like by then? Take a moment to create your own “future self”. Think big. The possibilities are endless. It’s your life; you control your destiny. Once complete, make sure you place this worksheet where you will see it every day. Save it as your computer or smart phone/tablet desktop background or print it out and place it by your bed, at your desk, or in front of a mirror. The more you focus on your future self, your future goals, the more real that version of yourself becomes. It will only be a matter of time before you are living the life you imagined...

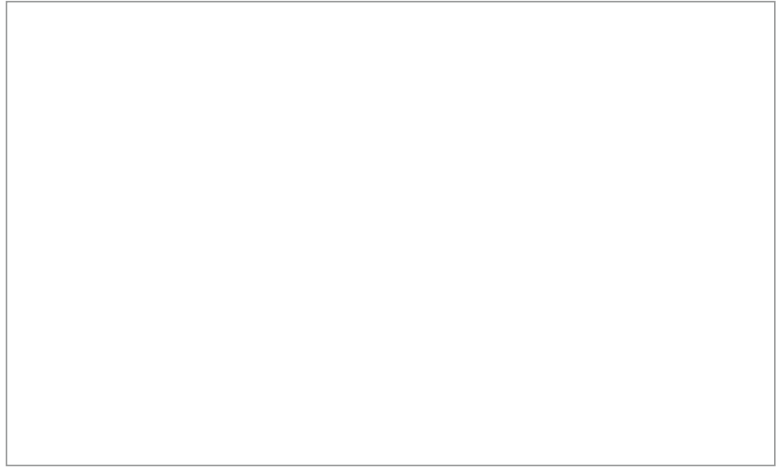
ADAM HERGENROTHER
— TRAINING —

YOUR FUTURE SELF

PROFESSIONAL FUTURE SELF

A large, empty rectangular box with a thin black border, intended for writing about professional future goals.

SOCIAL FUTURE SELF

A large, empty rectangular box with a thin black border, intended for writing about social future goals.

FINANCIAL FUTURE SELF

A large, empty rectangular box with a thin black border, intended for writing about financial future goals.

FAMILY FUTURE SELF

A large, empty rectangular box with a thin black border, intended for writing about family future goals.

PHYSICAL FUTURE SELF

A large, empty rectangular box with a thin black border, intended for writing about physical future goals.

SPIRITUAL FUTURE SELF

A large, empty rectangular box with a thin black border, intended for writing about spiritual future goals.

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TRAINING