

# Future Self Visualization

[www.vibewithshannon.com](http://www.vibewithshannon.com)

The Future Self Visualization is a tool designed to help you look past where you currently are and create a new story for your future. This is a manifestation tool that uses the Law of Attraction.

1. What does future you look like physically? (What kind of clothes do you wear, hair color etc?)

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2. What does future you do for work? Or if you do not work, what type of hobbies do you have?

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3. Where does future you live? What kind of home do you have? Who lives there with you?

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4. What kind of vehicle does future you drive?

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5. How much money does future you make?

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6. Who is a major part of your life? What kind of relationship do you have with them?

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7. Are you happy and fulfilled? What is the best part about your new life?

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8. How do your answers make you feel? Write it down. What do you feel is blocking you from this version of your future self? Write it down.

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9. What are some small action steps that you can begin to take that will get you closer to becoming this "future you"?

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