

RELATIONSHIP FUTURE SELF JOURNAL

Transform Your Relationships

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Relationship Future Self Journal

Transform Your Relationships

01

Why The Relationship Future Self Journal Works

Relationship Future Self Journaling is a daily practice to help you break out of your subconscious autopilot or the daily conditioned habits/patterns that are keeping you stuck repeating your past experiences. If you commit to 30 days of practice, you'll begin to notice life-changing shifts in your relationships. As you continue with this practice, you'll feel more connected, at peace, and fulfilled.

02

Have You Felt Stuck in Relationships?

Most of us have. This is because our brain and nervous system has been conditioned to react to people around us and our experiences in specific ways. These reactions become our patterns, or ways we behave on a regular basis within our relationships.

03

You Can Build Healthy Relationships

Your brain can change throughout life. Science has proven that your brain can grow new cells and even strengthen and rewire itself. This is called neuroplasticity. All of us have been repeating relationships habits and patterns we learned since childhood creating the neuropathways of our brain's current autopilot. But the good news is, through intentional practice we can create new pathways and behavioral patterns. We can unlearn habits that keep us stuck and build healthy relationships regardless of what we learned in childhood.

How To Start:

01

Step 1: Find Out Where You're Stuck

You'll answer these prompts on the next page.

Where I feel stuck

What I can change

Here are some examples that will help you get started:

Where I feel stuck: I try to please others at the expense of my own wants and needs, feeling resentment as a result

What I can change: I can take a few moments everyday to connect with myself and identify my own wants and needs

Where I feel stuck: I over commit my time and emotional resources, feeling exhausted as a result

What I can change: I can practice pausing before I say yes to things to give myself time to check in with my time and energetic/emotional availability

Where I feel stuck: I'm reactive and yell or say things I don't mean, hurting my loved ones as a result

What I can change: I can practice using deep belly breaths to regulate my body's emotional reactions

01

Where I feel stuck:

What I can change:

Where I feel stuck:

What I can change:

Where I feel stuck:

What I can change:

How To Start:

02

Step 2: Pick One Small Area For Change

In Step 1, you've probably identified multiple things you can change in your relationships. **Here you need to pick just one.** We overwhelm ourselves when we try to change too many things at once.

Pick one area in this list that feels the most approachable for you right now.

This area will be used in the upcoming prompt:

"Today I am practicing..."

03

Step 3: Brace Yourself For Change

Congrats! You've committed to your new practice of Relationship Future Self Journaling.

Here is what you'll need to do to start Relationship Future Self Journaling

1. Create space for your new habit. You'll need 3-6 minutes for this every day. The best time to do this is first thing in the morning or right before bed.
2. Set a reminder for yourself to show up (on your phone, in your calendar, on a post it, etc.)
3. If you skip a day, **DO NOT GET DOWN ON YOURSELF.** It's ok. Continue future self journaling the next day.

Relationship Future Self Journal

Daily Prompts: How to Use

Today I am practicing: *This is the area you feel stuck in that you want to change*

I am grateful for: *Identifying and focusing on what you're grateful for helps shift your attention to acknowledge what's already present and helps build more awareness of the positive in your relationships.*

Today, I am [new thought or affirmation]: *Habitual thoughts keep you stuck. Pick a new thought/affirmation that will be a helpful reminder to help you create your desired change*

This change allows me to feel: *Imagine how you would begin to feel (about yourself, others, the world around you, etc.) if you began to believe your new thought/affirmation (above). Write in the present tense, speaking as if you already believe it to be true.*

I am practicing this change when: *To create change, you will need to begin practicing new habits consistently. Note how and when you will begin practice these changes throughout your day.*

Use the journal prompts provided below [see completed prompt examples on following pages] to bring your new habit to the attention of your conscious mind. Doing so helps interrupt the autopilot of our old habits and creates a present opportunity to make a new choice.

Relationship Future Self Journal

Relationship Future Self Journal Examples:

Today I am practicing not being reactive when my partner expresses themselves.

I am grateful for the opportunity to be calm, open, and loving

Today, I am [new thought or affirmation] able to actively listen

This change allows me to feel compassionate

I am practicing this change when I pause and listen instead of becoming defensive.

Today I am practicing discovering my limits and boundaries

I am grateful for the opportunity to take care of myself

Today, I am [new thought or affirmation] deserving of time/space

This change allows me to feel replenished

I am practicing this change when I pause to check in with my time and energetic or emotional availability

Today I am practicing staying connected during conflict or difficult conversations

I am grateful for the opportunity to regulate my emotional reactions

Today, I am [new thought or affirmation] calm and grounded

This change allows me to feel empowered and in control

I am practicing this change when I practice taking 3 deep breaths to stay calm even when I feel anxious

Feel free to print and use the lines below.

You will have 30 days of prompts below.

***Remember you are repeating the same
“today I am practicing” habit for a full 30 days.***

01

Today I am practicing:

I am grateful for:

Today, I am:

This change allows me to feel:

I am practicing this change when I:

02

Today I am practicing:

I am grateful for:

Today, I am:

This change allows me to feel:

I am practicing this change when I:

03

Today I am practicing:

I am grateful for:

Today, I am:

This change allows me to feel:

I am practicing this change when I:

04

Today I am practicing:

I am grateful for:

Today, I am:

This change allows me to feel:

I am practicing this change when I:

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Today I am practicing:

I am grateful for:

Today, I am:

This change allows me to feel:

I am practicing this change when I:

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This change allows me to feel:

I am practicing this change when I:

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Today I am practicing:

I am grateful for:

Today, I am:

This change allows me to feel:

I am practicing this change when I:

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Today I am practicing:

I am grateful for:

Today, I am:

This change allows me to feel:

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Today I am practicing:

I am grateful for:

Today, I am:

This change allows me to feel:

I am practicing this change when I:

Future Self Journal FAQS

When is the best time to journal: first thing in the morning or right before bed is the best time. Though, any time of day will give you positive benefits.

I see there are 30 days, is that how long I should journal for? you will need to do the Relationship Future SelfJournal for at least 30 days to get full benefits.

I am having trouble starting or keeping on track, why? because this is a new habit, it's totally normal to struggle at first. Be kind to yourself and keep practicing.

I don't notice any change yet, how come? you're re-wiring neural pathways and becoming more aware. There won't be any shocking changes at first, but with consistent practice you'll notice shifts in the way you interact with people in your life.