Tab 1

# Week

17

# Day

1

# Day Title

Meeting the Future Self

# Lesson Name

Visioning the Future Self

# Meme

(insert meme image)

# Summary

Meeting your future self is a visioning practice that helps you connect with the qualities of who you are becoming. Rather than focusing on external achievements, it invites you to notice the essence your future self embodies. Guided imagination creates a bridge between present choices and future possibilities, offering orientation without pressure. The future self is not a fixed destination but a companion guiding you toward authentic growth.

# Daily Passage

Every story has a future chapter waiting to be written. Authentic living invites us to participate in that unfolding by imagining the selves we are becoming. This is not about predicting exact outcomes or rigidly controlling destiny, but about opening to possibility. Meeting our future self is a practice of visioning. It is a way of seeing beyond present limitations and connecting with the wiser, more integrated version of ourselves that already exists as potential.

The future self is not a stranger. It is the part of us that whispers through longings, intuitions, and glimpses of what life could be. We may sense it in moments of inspiration or in the quiet clarity that arises when we imagine a life lived more fully aligned with truth. Meeting this self is not about constructing a fantasy, but about listening for what is already unfolding beneath the surface of our becoming.

Meeting our future self is also a helpful way to understand psychedelic journeys. In many ways, we do not take psychedelics only for who we are today, but for who we are becoming. The insights, openings, and healings that emerge often unfold over time, sometimes taking weeks or months to be fully integrated. In this sense, the work of a journey is a gift we prepare for the self we will inhabit tomorrow.

A guided visioning practice can open the doorway. We might begin by finding a quiet place where we will not be interrupted. Sitting comfortably, we close our eyes and take several grounding breaths. We imagine walking along a path, perhaps through a forest, a beach, or a landscape that feels inviting. At the end of this path, we encounter our future self. We notice what they look like, how they move, the energy they carry. We do not force details but allow them to emerge naturally.

We might ask this self: What have you learned? How do you navigate challenges? What matters most to you? We notice not only the words they may offer but also the qualities of presence they embody. Do they radiate calm, strength, joy, or clarity? This encounter is less about the specifics of career, possessions, or circumstances, and more about essence. The future self carries qualities of being that we can begin to embody now.

Some of us find this visioning practice deeply moving, while others struggle with skepticism. The mind may resist, dismissing the exercise as mere imagination. Yet imagination is not frivolous, it is a bridge. Neuroscience shows that when we vividly imagine future possibilities, we activate similar neural pathways as when we experience them. Athletes use visualization to improve performance, and leaders use visioning to guide decisions. Meeting the future self harnesses the same principle, aligning inner imagery with outer practice.

It is important that we hold this practice lightly. The future self is not a fixed identity or a rigid standard to live up to. If we cling to a single image, we risk turning possibility into pressure, reinforcing the belief that we are not enough now. The invitation is to receive guidance, not to create another mask of perfection. The future self is a companion on the path, not a judge.

Over time, returning to this practice can help orient our choices. When faced with decisions, we might ask: What would my future self choose here? Which option moves me closer to their presence, and which pulls me away? These questions provide a compass, pointing toward alignment with our deeper becoming.

Meeting our future self is ultimately an act of trust. It is trusting that the seeds of growth already exist within us, that our story is still unfolding, and that we have the capacity to participate consciously in its creation. By listening to the voice of our future self, we step more fully into the author’s role, shaping our lives with intention, imagination, and care.

# Alternative View

While visioning can be inspiring, it may also create unrealistic expectations if taken too literally. A rigid image of the future self can become another standard of perfection, reinforcing inadequacy. To avoid this, the practice should focus on qualities and values rather than specific outcomes, and remain flexible as life unfolds.

# Counterpoint

# While visioning can be inspiring, it may also create unrealistic expectations if taken too literally. A rigid image of the future self can become another standard of perfection, reinforcing inadequacy. To avoid this, the practice should focus on qualities and values rather than specific outcomes, and remain flexible as life unfolds.

### 

# Activities

What qualities did you notice in your future self during visioning?

How did it feel to encounter this version of you?

What guidance or message did they offer?

What small choice today could move you closer to their presence?

How can you hold this vision gently, as a source of guidance rather than a rigid demand?

Tool to create:

Future Self Visioning Tool

Future Self Meditation tool

# Sources

Shad Helmstetter, *What to Say When You Talk to Your Self* (1986)

Hal and Sidra Stone, *Embracing Your Inner Critic* (1993)

Richard Schwartz, *No Bad Parts* (2021)

Tara Mohr, *Playing Big* (2014)

Daniel Gilbert, *Stumbling on Happiness* (2006)

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# Domain

Psychotherapeutic and Cognitive

# Modality

Cognitive and Psychospiritual Education

Tab 2

# Week

17

# Day

2

# Day Title

Aligning Habits with Future Self

# Lesson Name

Visioning the Future Self

# Meme

(insert meme image)

# Summary

Aligning habits with the future self means choosing daily actions that reflect the person you want to become. Habits compound over time, reshaping identity through consistency rather than perfection. Starting small, creating supportive environments, and returning after setbacks help build alignment. Each choice becomes a vote for your future self, making transformation an ongoing practice rather than a distant goal.

# Daily Passage

Becoming our future self is not just about visioning. It is about action. The choices we make each day gradually shape the people we are becoming. While big moments of transformation can inspire us, it is daily habits that quietly shape who we are. Aligning habits with our future self means choosing behaviors that reflect the qualities and values we want to embody, one small step at a time.

Habits hold power because they compound. A single choice may seem insignificant, but repeated over weeks and months, it reshapes our identity. If our future self values vitality, daily movement becomes an act of alignment. If our future self radiates creativity, small acts of writing, painting, or problem-solving bring us closer to that expression. The focus is less on achieving perfection and more on practicing consistency. Each habit becomes a brushstroke in the picture of our future life.

In many ways, changing our habits is a gift to our future self. Each new practice is a way of saying, “I am making space for you. I am tending to who you are becoming.” When we drink the water, take the walk, or pause for the breath, we are not only shaping today but also caring for the version of ourselves who will live tomorrow.

Often, misaligned habits are not the result of weakness but of unconscious repetition. We fall into patterns that once served a purpose but no longer reflect who we are becoming. Late-night scrolling, overcommitting to please others, or neglecting rest may feel automatic, yet each carries an implicit story. When we pause to ask, “Does this habit move us toward or away from our future self?” we shift from autopilot to conscious authorship.

We can build new habits most effectively when we start small. In fact, we are more likely to stick to new habits when we choose a goal that is below what we know we are capable of. This approach reduces resistance and helps create consistency. Making space in our life for a new habit is the first, and often the most difficult, step. Once that space exists, the behavior can grow naturally, and the goal can expand over time. A single sentence of journaling can evolve into pages. A brief pause for breath can grow into a meditation practice. Small beginnings are not failures but wise foundations.

James Clear, in *Atomic Habits*, explains how habits are tied to identity. Rather than focusing only on outcomes, he suggests aligning habits with who we want to become. For example, instead of setting a goal to “run three times a week,” we might say, “We are runners.” This subtle shift reinforces identity through repeated action. Each choice becomes a vote for the person we are becoming.

Habits also call for resilience. We will inevitably miss days or slip into old patterns. Integrity with habits is not about perfection but about returning. When we notice misalignment, we can reorient gently. By asking, “What would my future self choose right now?” and taking the smallest step in that direction, we keep the path alive even when progress feels uneven.

Emotions and environments strongly shape our habits as well. Willpower alone rarely sustains them. If our future self values rest, creating an environment that supports sleep, such as turning off screens earlier or softening the lights, aligns behavior with intention. If our future self values mindfulness, placing a journal or meditation cushion in a visible space makes the practice more inviting.

Aligning habits with the future self is not about rigid control. Life will always bring unpredictability, and flexibility matters. What matters most is not flawless adherence but consistent orientation. Each time we align a choice with our vision, we strengthen the bridge between who we are and who we are becoming.

Ultimately, habits are acts of devotion. They are daily ways of saying yes to our future self. They remind us that transformation is not something distant. It is practiced in the present. When we align our habits with our vision, the future begins to take shape here and now.

# Alternative View

While habits are powerful, focusing too rigidly on them can create pressure or perfectionism. Some aspects of becoming your future self cannot be reduced to daily practices but unfold through mystery, spontaneity, or grace. Balancing intentional habits with openness to the unexpected keeps the process both structured and alive.

# Activity

What is one habit I already practice that aligns with my future self?

What is one habit I carry that feels misaligned?

How might I shift this habit gently rather than harshly?

What is one small habit I could begin this week as a gift to my future self, and how can I make space for it in my daily life?

How can I adjust my environment to make this habit more natural and inviting?

# Sources

James Clear, *Atomic Habits* (2018)

Charles Duhigg, *The Power of Habit* (2012)

BJ Fogg, *Tiny Habits* (2019)

Stephen R. Covey, *The 7 Habits of Highly Effective People* (1989)

Martha Beck, *The Way of Integrity* (2021)

# Domain

Functional and Medical Support

# Modality

Lifestyle, Habit, and Behavioral

Tab 3

# Week

17

# Day

3

# Day Title

The Compass Within: Living Our Values

# Lesson Name

Visioning the Future Self

# Meme

(insert meme image)

# Summary

Living into values means aligning daily choices with what matters most. Values act as a compass, guiding habits and decisions toward authenticity. Misalignment creates friction, while clarity restores energy and purpose. Living into values does not mean perfection but an ongoing return to what is true. When we embody values, we live with resilience, coherence, and trust.

# Daily Passage

Our future self is not just shaped by habits but by the values that guide them. Values act as a compass that orients our lives. They are not abstract ideals but lived priorities that show up in how we think, speak, and act each day. When we live into values, we bring depth and meaning to the story we are writing.

“Living our values” means aligning our daily thoughts, words, and actions with our deepest beliefs and principles. It means acting as our authentic selves and making decisions that reflect what we hold most important. Living our values involves practicing them rather than just professing them. This active embodiment creates a more purposeful, authentic, and fulfilling life.

### **Why It Matters**

* **Authenticity**: Living our values helps us be the most authentic version of ourselves.
* **Purpose**: Values provide direction, much like a compass, aligning us with a deeper sense of meaning.
* **Fulfillment**: When actions reflect beliefs, life feels more rewarding.
* **Confidence**: Decisions flow with clarity when we know they are true to who we are.
* **Well-being**: Alignment promotes stability, personal growth, and resilience.

Values often enter our lives in two ways. Some are inherited from family, culture, or tradition. Others emerge through personal experience and reflection. Sometimes inherited values resonate, but other times they feel imposed or outdated. Living into values asks us to sort through these layers honestly. We can ask: Which values truly feel alive for me? Which ones have I been carrying because of expectation or fear?

When we do not live in alignment with values, we feel subtle friction. We may notice fatigue, restlessness, or a sense of being pulled in opposite directions. For example, if we value creativity but rarely allow time to make or imagine, we feel an ache of misalignment. If we value family but overextend at work, guilt and resentment may creep in. Misalignment drains energy because part of us is always resisting.

Clarity about values helps us bring our daily choices into harmony. If we value compassion, we can ask: How do I bring kindness into this moment? If we value integrity, we can ask: Am I speaking and acting in ways that reflect my truth? Each decision becomes a chance to embody what matters most.

### **How to Live Your Values**

* **Identify Core Values**: Reflect on your priorities, passions, and principles.
* **Define Values**: Clarify what each chosen value means to you personally.
* **Create an Action Plan**: Develop concrete steps and set goals that align with your values.
* **Make Values-Based Decisions**: Choose actions from authentic care rather than external pressure.
* **Practice and Reflect**: Consistently act on your values in daily life, and check in often to ensure alignment.
* **Embrace Flexibility**: Recognize that living values is a continuous journey requiring growth and adaptability.

Gratitude is a subtle but powerful ally in this process. When we pause to notice where our lives already reflect our values, we strengthen those pathways. Gratitude shifts attention from what is missing to what is already aligned. If we value friendship, we might feel gratitude for a recent moment of connection. If we value creativity, we might honor the small but real ways it already shows up. Recognizing these alignments through gratitude encourages us to expand them further.

Living into values does not mean rigid adherence. Life is full of competing demands and shifting seasons. There will be times when we cannot fully honor every value at once. Authentic living does not mean never compromising. It means making compromises consciously and temporarily, then returning to balance when possible.

Resilience grows when values guide us. Challenges feel more bearable when they connect to what we care about most. If we value service, we may endure long hours because we know why the work matters. If we value freedom, we may accept risks because they align with our desire for possibility. Values bring meaning to hardship and anchor us when external circumstances are unclear.

Living into values is not about perfection but about presence. Sometimes we drift. Fear or distraction may pull us away. The practice is to return, again and again, to our compass. Each return strengthens the path. Over time, our words, actions, and inner knowing move into harmony. Others sense our steadiness and respond with trust. Most importantly, we feel at home in ourselves. Living into values reminds us that the story of our lives is not written only by what happens to us but by what we choose to stand for.

# Alternative View

While values provide guidance, they can sometimes become rigid or conflict with each other. Overemphasis on one value, such as productivity, may eclipse others like rest or connection. Authentic living requires balance and the humility to adapt values as we grow. Flexibility keeps values alive rather than turning them into fixed rules.

# Activity

Which values feel most alive in me right now?

Which values am I carrying out of expectation rather than authenticity?

Where in my life do I feel misaligned with my values, and what small step could restore balance?

How can I honor my values in times of challenge?

What am I grateful for that already reflects my deepest values?

Awe and Gratitude Tool

Tool to create:

Values Check-In

# Sources

Brené Brown, *Dare to Lead* (2018)

Stephen R. Covey, *The 7 Habits of Highly Effective People* (1989)

James Clear, *Atomic Habits* (2018)

Viktor Frankl, *Man’s Search for Meaning* (1946)

Richard Barrett, *What My Soul Told Me* (2012)

# Domain

Psychotherapeutic and Cognitive

# Modality

Cognitive and Psychospiritual Education

Tab 4

# Week

17

# Day

4

# Day Title

Creativity as a Path to Becoming

# Lesson Name

Visioning the Future Self

# Meme

(insert meme image)

# Summary

Creativity and imagination are tools that help us envision and embody our future self. Imagination activates new possibilities, while creativity gives those possibilities form. Practices like vision boards, free writing, and symbolic art allow us to explore identity beyond old scripts. When we engage playfully and consistently, creativity becomes both rehearsal and expression of transformation.

# Daily Passage

Creativity and imagination are powerful allies in shaping the story of our future self. They allow us to step beyond current circumstances and glimpse possibilities that logic alone might dismiss. Creativity is not limited to art, and imagination is not limited to fantasy. Both are fundamental human capacities that help us explore, expand, and reimagine the path ahead.

When we engage imagination, we step into a space where new connections can form. Neuroscience shows that imagining an action activates many of the same neural pathways as performing it. Athletes visualize movements to enhance performance, and musicians mentally rehearse pieces to improve memory. In the same way, imagining our future self helps us embody their qualities even before they fully manifest.

Creativity brings imagination to life. It gives shape and expression to the visions we carry within. A future self that values connection might be expressed through writing letters, hosting gatherings, or painting symbols of belonging. A future self that values courage might be expressed through bold colors, dance, or storytelling. By allowing creativity to flow, we anchor possibilities in tangible form.

Many of us carry limiting beliefs about creativity. We may think we are not “artistic” or that imagination is frivolous. Yet creativity is not about talent, and imagination is not about escape. Both are tools of transformation. They help us move beyond the narrow scripts we inherited and envision new ways of being. Creativity expands identity by reminding us that we are not fixed characters but evolving authors.

Practical ways to invite creativity and imagination into our journey include:

* **Vision boards**: Collecting images, words, and symbols that capture the essence of our future self.
* **Free writing**: Setting a timer for ten minutes and writing without editing, allowing unexpected ideas to surface. It can be helpful to use a prompt to guide our writing.
* **Storytelling**: Reimagining an old experience with a new ending or telling a story from the perspective of our future self.
* **Symbolic art**: Painting, drawing, or sculpting shapes that represent qualities we wish to embody.

These practices are not about creating masterpieces. They are about giving form to inner wisdom and possibility. Even a simple sketch or a single line of poetry can open a doorway to new perspectives.

Creativity and imagination also foster resilience. When life feels constrained or heavy, creative expression opens a window. It reminds us that no matter the circumstances, we can choose how to frame, interpret, and play with meaning. Imagination allows us to experiment with new roles and perspectives before we live them out. In this way, creativity becomes rehearsal for transformation.

Playfulness is essential here. When we take creativity too seriously, we may silence it with judgment or perfectionism. Play helps us loosen control and trust the process. Just as children learn through imaginative play, we too can learn about ourselves through creative exploration. Trying something new, making mistakes, and laughing at the unexpected outcomes are all part of the practice.

Living into our future self requires courage, but imagination makes that courage possible. By picturing who we might become, we step into a vision larger than our doubts. By expressing that vision through creativity, we begin to embody it now. The story of our becoming is not only told in words but painted, danced, sung, and shaped through the creative spirit.

# Alternative View

Creativity and imagination can feel inaccessible for those who carry fear of judgment or trauma around expression. Some may resist them as impractical or indulgent. To honor authenticity, it is important to start small and choose practices that feel safe and enjoyable. Creativity is not about performance or output but about opening space for possibility.

# Activity

When do I feel most connected to my imagination?

What creative practices help me feel alive and authentic?

If I allowed myself to play more, what would I try?

What symbols or images capture qualities of my future self?

How can I use creativity to embody my vision today?

Tools to create:

Creative tools of some sort

# Sources

Julia Cameron, *The Artist’s Way* (1992)

Mihaly Csikszentmihalyi, *Creativity* (1996)

Brené Brown, *The Gifts of Imperfection* (2010)

Natalie Goldberg, *Writing Down the Bones* (1986)

Rollo May, *The Courage to Create* (1975)

# Domain

Expressive

# Modality

Creative and Expressive Based

Tab 5

# Week

17

# Day

5

# Day Title

Releasing Fear for the Journey Ahead

# Lesson Name

Visioning the Future Self

# Meme

(insert meme image)

# Summary

Fear is a natural part of growth, but when it dominates, it keeps us from living authentically. By naming, discerning, and releasing fear, we create space for courage and freedom. Releasing fear is not about eliminating it but about changing our relationship with it, so it no longer dictates our choices.

# Daily Passage

As we imagine our future self, we also encounter the barriers that keep us from stepping fully into that vision. One of the most common barriers is fear. Fear is a natural human response. It evolved to protect us from danger, to keep us cautious and alert. Yet when fear dominates, it limits our freedom. It convinces us to stay small, to play safe, and to avoid the risks that growth requires.

Fear often shows up as a storyteller. It whispers warnings: “You will fail,” “They will reject you,” “You are not ready,” or even “If you succeed, everything will fall apart.” These stories can feel convincing, but they are often projections of past wounds or imagined threats rather than reflections of present reality. When we allow fear to dictate our choices, we hand authorship of our lives to the voice of limitation.

There are many faces of fear. The fear of failure tells us not to try. The fear of rejection urges us to hide. The fear of success warns us that too much visibility will make us unsafe. The fear of change resists stepping into the unknown. The fear of loss convinces us to cling to what no longer serves. Each of these fears once had a protective purpose. They helped us avoid danger, embarrassment, or pain. But when carried unconsciously, they keep us from living authentically.

Releasing fear begins with recognition. We cannot shift what we refuse to name. By writing down our fears or speaking them aloud, we externalize them and see them more clearly. We might ask: What am I most afraid of in becoming my future self? What is the worst that could happen if I stepped forward? Often, simply naming the fear reduces its grip.

The next step is discernment. Not all fear is unhelpful. Sometimes fear points to genuine risks we need to navigate wisely. The practice is to ask: Is this fear protecting me or holding me back? Protective fear helps us prepare and stay safe. Limiting fear keeps us frozen. Learning to distinguish the two allows us to act with both courage and wisdom.

Somatic practices can also help release fear. Fear often lives in the body as tension, tight breath, or a sense of collapse. By breathing deeply, shaking out the muscles, or grounding through movement, we can remind the nervous system that we are safe. This physical release creates space for new choices. We shift from reacting to fear to responding with presence.

Another way to work with fear is through compassionate dialogue. Instead of battling the fearful voice, we can listen to it with curiosity. We might say, “I hear you, and I know you want to protect me. But I am safe now, and I am choosing to move forward.” This approach transforms fear from an enemy into a younger part of ourselves that needs reassurance.

Gratitude also softens fear. When we focus on what is working, what we appreciate, and what supports us, fear loses some of its power. Gratitude does not deny challenge but reminds us that strength, connection, and possibility are also present. It shifts attention from what we fear losing to what we already have.

Releasing fear does not mean we eliminate it. Fear will always arise when we step into the unknown. What changes is our relationship with it. Instead of letting fear lead, we learn to walk alongside it. We choose courage over perfection, one step at a time. With each step, the fearful voice grows quieter, and the voice of authenticity grows stronger.

When we release fear, we reclaim freedom. We create space for trust, creativity, and joy. We allow our future self to take shape not as a distant dream but as a lived reality. The journey ahead may still hold uncertainty, but we carry it with courage rather than constraint.

# Alternative View

Some fear is protective and wise. It helps us prepare, set boundaries, and avoid real danger. The goal is not to reject fear completely but to discern when it is guiding us and when it is holding us back. Authentic living integrates both courage and caution.

# Activity

What fears arise when I imagine my future self?

Which fears feel protective, and which feel limiting?

How does fear show up in my body, and what helps me release it?

If fear were not in the way, what step would I take today?

How can gratitude help me shift attention from fear to possibility?

Tool to create:

Fear tool of some sort

# Sources

Susan Jeffers, *Feel the Fear and Do It Anyway* (1987)

Brené Brown, *Daring Greatly* (2012)

Tara Brach, *Radical Acceptance* (2003)

Kristin Neff, *Self-Compassion* (2011)

Elizabeth Gilbert, *Big Magic* (2015)

# Domain

Psychotherapeutic and Cognitive

# Modality

Cognitive and Psychospiritual Education

Tab 6

# Week

17

# Day

6

# Day Title

Embodying Possibility

# Lesson Name

Visioning the Future Self

# Meme

(insert meme image)

# Summary

Embodying possibility means bringing the qualities of our future self into the present through the body. By noticing bodily cues, practicing “as if,” and engaging in somatic practices, we align thought and presence. Embodiment transforms vision into lived reality, making possibility tangible here and now.

# Daily Passage

Vision and imagination give us glimpses of who we are becoming, but embodiment is what brings those glimpses into daily life. To embody possibility means allowing the qualities of our future self to live not only in thought but also in breath, posture, movement, and presence. It is the difference between talking about change and living it in the body, here and now.

The body is more than a vessel for the mind. It is an intelligent system that carries memory, intuition, and truth. Neuroscience and somatic psychology show that the nervous system records experiences of both safety and threat. When we have lived through fear, judgment, or suppression, the body often carries that history as tension or contraction. Embodying possibility asks us to release those old patterns and invite the body into alignment with our future self.

This process begins with awareness. By noticing how the body feels in different situations, we can sense the difference between alignment and dissonance. Speaking authentically may feel like a steady breath, an open chest, or grounded feet. Hiding or performing may feel like tight shoulders, shallow breathing, or shrinking posture. When we enjoy an activity, we may feel ease in our body, lightness in our step, a smile on our face, and a natural rise in energy. A no might feel like constriction in the body, a sense of dissonance, or heaviness that signals misalignment. The body rarely lies. Listening to it gives us direct feedback on whether we are living from fear or from possibility.

Embodying possibility also means acting “as if.” This is not about pretending but about practicing the qualities of our future self in the present. If our future self is calm and confident, we can practice walking with steady breath and relaxed shoulders. If our future self is creative and joyful, we can allow play and movement to flow through us now. Each embodied action reinforces the pathway between present and future, making possibility more accessible.

Somatic practices help strengthen this alignment. Breathwork can calm the nervous system and expand presence. Movement practices like yoga, dance, or tai chi allow the body to express qualities that words cannot capture. Even simple gestures. like placing a hand on the heart before speaking, can remind us to embody compassion and authenticity. Over time, these practices become anchors that bring our vision into lived reality.

The body also teaches us resilience. When we embody possibility, we do not deny the presence of fear or challenge. We meet them with grounded awareness. A difficult conversation, for example, can shift when we pause to feel our feet on the ground, breathe deeply, relax our jaw, and let our body carry us with steadiness. By anchoring in the body, we access a resource that thought alone cannot provide.

Play and experimentation are key. Embodying possibility is not about rigid performance but about curiosity. We can try on different ways of moving, speaking, or showing up, noticing what feels alive and authentic. Just as an author experiments with plot twists, we can experiment with embodiment. Each attempt teaches us more about the qualities that feel true and those that do not.

Importantly, embodiment is not a one-time achievement but a daily practice. We do not become our future self all at once. We practice becoming by returning, moment by moment, to the body. Each breath, each choice, each gesture is a chance to align more closely with possibility.

When we embody possibility, our presence changes. Others feel our authenticity not just in our words but in how we move, listen, and connect. We feel it too, as greater spaciousness, clarity, and vitality. The future self stops being a distant dream. It becomes a living reality that we carry into the present.

# Alternative View

Embodying possibility can feel unsafe for those with trauma histories or unresolved pain. The body may carry memories that make openness difficult. In these cases, embodiment requires gentleness, patience, and sometimes professional support. The goal is not to force but to gradually cultivate safety and presence.

# Activity

How does my body feel when I am aligned with my authentic self?

What posture or gesture expresses qualities of my future self?

Where in my life do I notice contraction or tension that signals misalignment?

What small embodied practice could help me carry possibility into my day?

How might play or movement help me embody my future self more fully?

Body Scanning tool

Tool to create:

Somatic check in tool

# Sources

Peter Levine, *Waking the Tiger* (1997)

Bessel van der Kolk, *The Body Keeps the Score* (2014)

Eugene Gendlin, *Focusing* (1978)

Richard Strozzi-Heckler, *The Leadership Dojo* (2007)

Bonnie Bainbridge Cohen, *Sensing, Feeling, and Action* (1993)

# Domain

Psychotherapeutic and Cognitive

# Modality

Somatic and Nervous System Based