

Future Self Journal Prompts

1. Describe what the best future version of you looks like.
2. What does the best future version of you act like?
3. What is your ideal future daily life like? Describe your ideal daily routine and work schedule.
4. Describe what you love most about your future self? What are her best qualities?
5. How do you want to feel on a daily basis? Name all the emotions you want to feel regularly as your ideal future you.
6. What would the future you 2 years from now say to the now-time you? How about the you from 5 years into the future?
7. What new hobbies or activities does your ideal future self engage in?
8. What bad habits, negative tendencies, or self-destructive ways did your future self overcome?
9. And now list the good habits your future self practices.
10. How do you carry yourself as your ideal future self? What energy or vibes are you giving off?
11. In the future, who are your closest friends and loved ones? Who are the new people you are attracting? Who are you letting go of?
12. What surprises you most about your future self? How has she changed?
13. How do you see your current problems coming to a resolution in the future?
14. What good things continue to grow and evolve into the future?
15. What new skills or knowledge does your future self have?
16. Describe the most exciting aspects of living as your ideal future self.
17. How is your health, mentally and physically, as your best future self?
18. How does your best future self help or positively influence other people?
19. Describe your ideal lifestyle in 1 year, 2 years, and 5 years.
20. How has your ideal future self evolved spiritually?
21. How has the ideal version of yourself in the future learned to cope with stress better?
22. What are your finances like as your most ideal future self?
23. Describe your home life as your ideal future self.
24. What adventures do you take as your ideal future self?
25. What do you love most about living in the future and what blows your mind?