

A top-down view of a desk with a white keyboard, pink flowers, and gold pens. The text "Life By Design Academy" is written in a red cursive font over a semi-transparent white box. The text "Your Future You" is written in a black sans-serif font over another semi-transparent white box.

*Life By  
Design Academy*

**Your Future You**

You create the **exact life** that is in alignment with **exactly what you believe** about yourself.

So, my friend...if you are ready to up level your life, create a different look and feel to your life...buckle up.

**Get ready for a transformation at the speed of life!**

You get to design all of it. The way your life looks, that way it tastes, the way it smells, the way it sounds...all of it.

**I LOVE transformations.**

**I LOVE makeovers and remodels.**

So often, when it comes to transforming our lives, we try to do it from the outside. We change jobs, hair, the number on the scale, the house, the car, the friends and even husbands.

Where the wheels fall of the wagon is when we don't do the work to become a match for what we want to create.

It's human nature to try and change the circumstance in order to feel better. But lasting effects of change start from the inside and then you can create the "outer world" of your heart's desire.

Styling and designing your mind for the life that you desire is the first step in creating **YOUR LIFE BY DESIGN.**

We are going to do that by becoming "Future Focused."

Just like when you build a home, you design the floor plan, create the blue print, render the front elevations, the back elevation...you start with the end in mind.

Be warned, your brain is going to want to take you to the past and remind you of that fact that:

- you've never been able to do it before,
- nothing worked before,
- this probably won't work either...

All of these thoughts that are designed to keep you **where you are**, in current state.

It requires less effort and energy and it's familiar, even if it feels crappy.

When you try to taken **new action from old beliefs**, you will continue to create the same old things over and over again.

So let's get started becoming "Future You!"

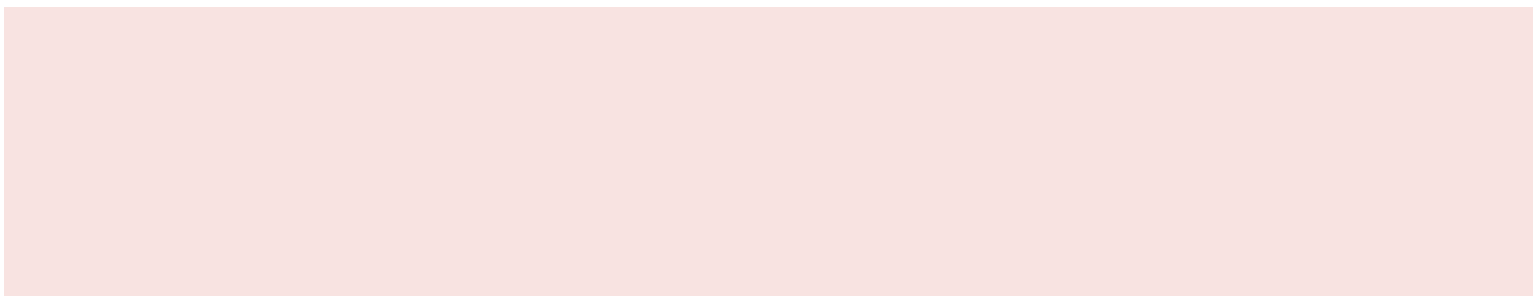
Pick any area of your life to start with. Just work on one area for now and then you can repeat the same activity for other areas later.

The beauty of this work is that when we focus on one area, other areas begin to take shape as well.

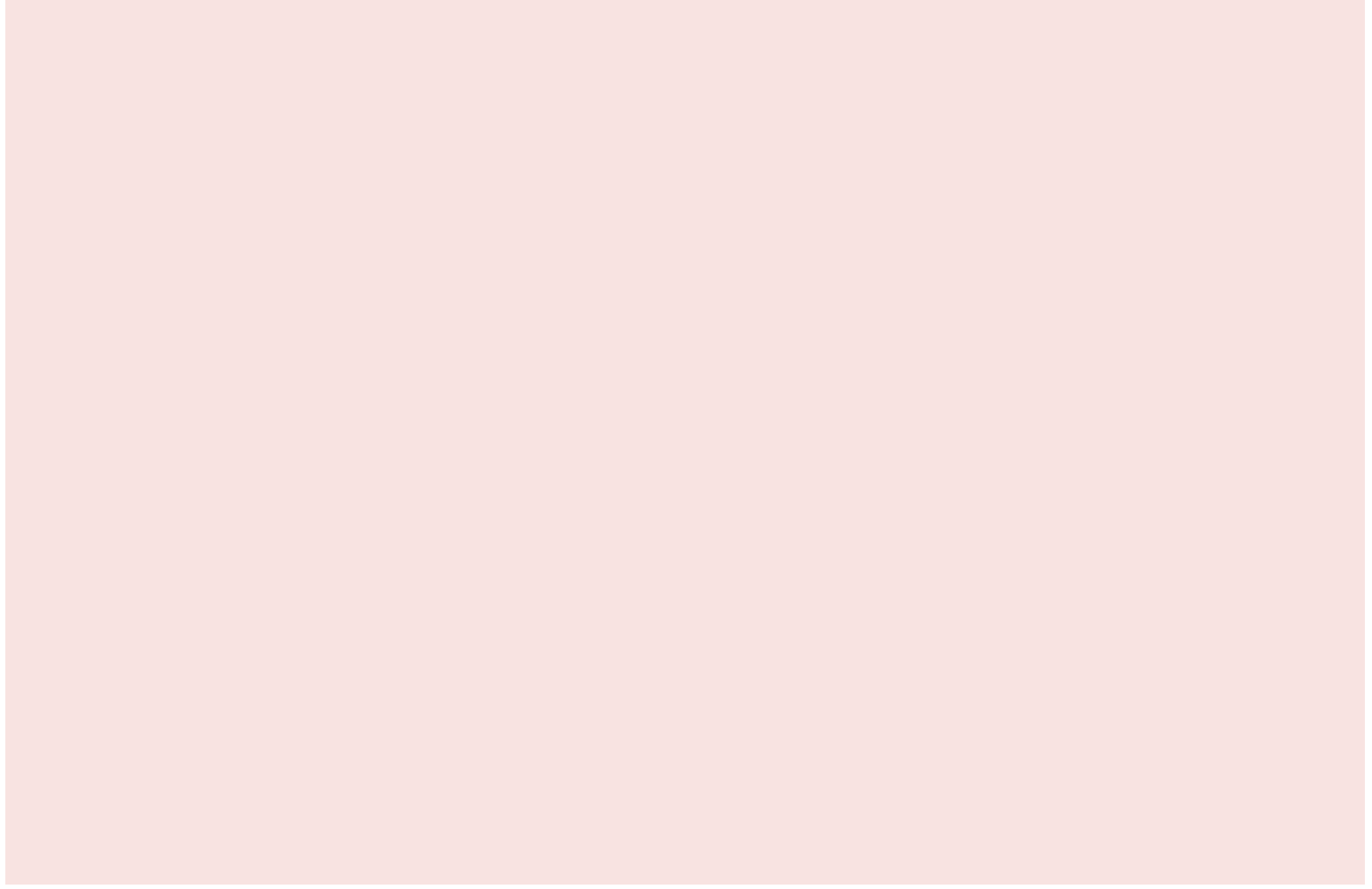
Most people choose one of the following but **you get to decide**...it's your life!

Health  
Career  
Relationships  
Business  
Stress/Overwhelm/Anxiety

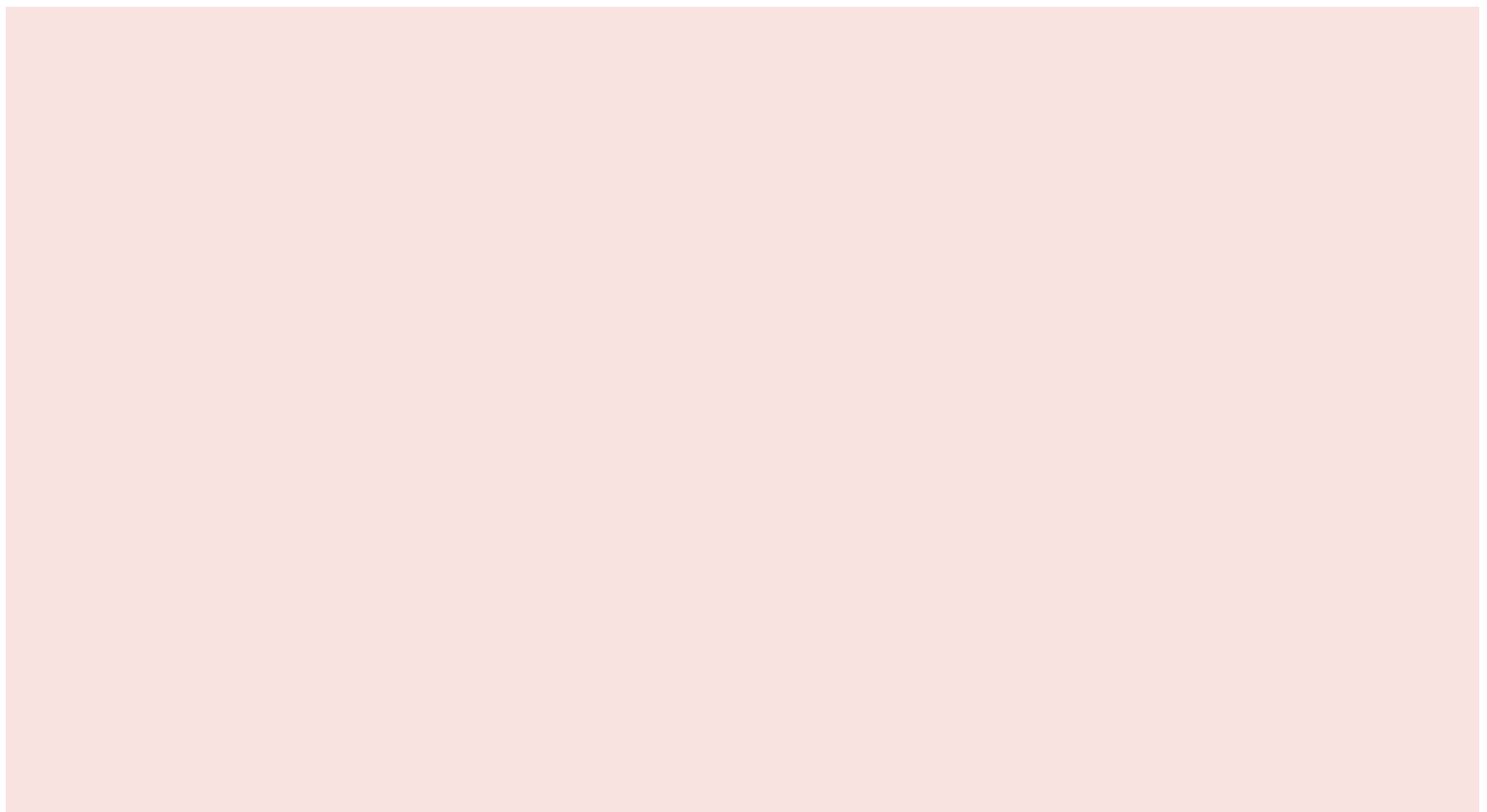
What area of your life do you want to impact first?



Describe current self, current state in this area of your life? Describe with as much detail as possible without editing your response. Just let it flow.



Take a photo of yourself and put it here. What ever you look like right now. Don't edit it, don't judge it, don't criticise it. Just take the shot and put it here.

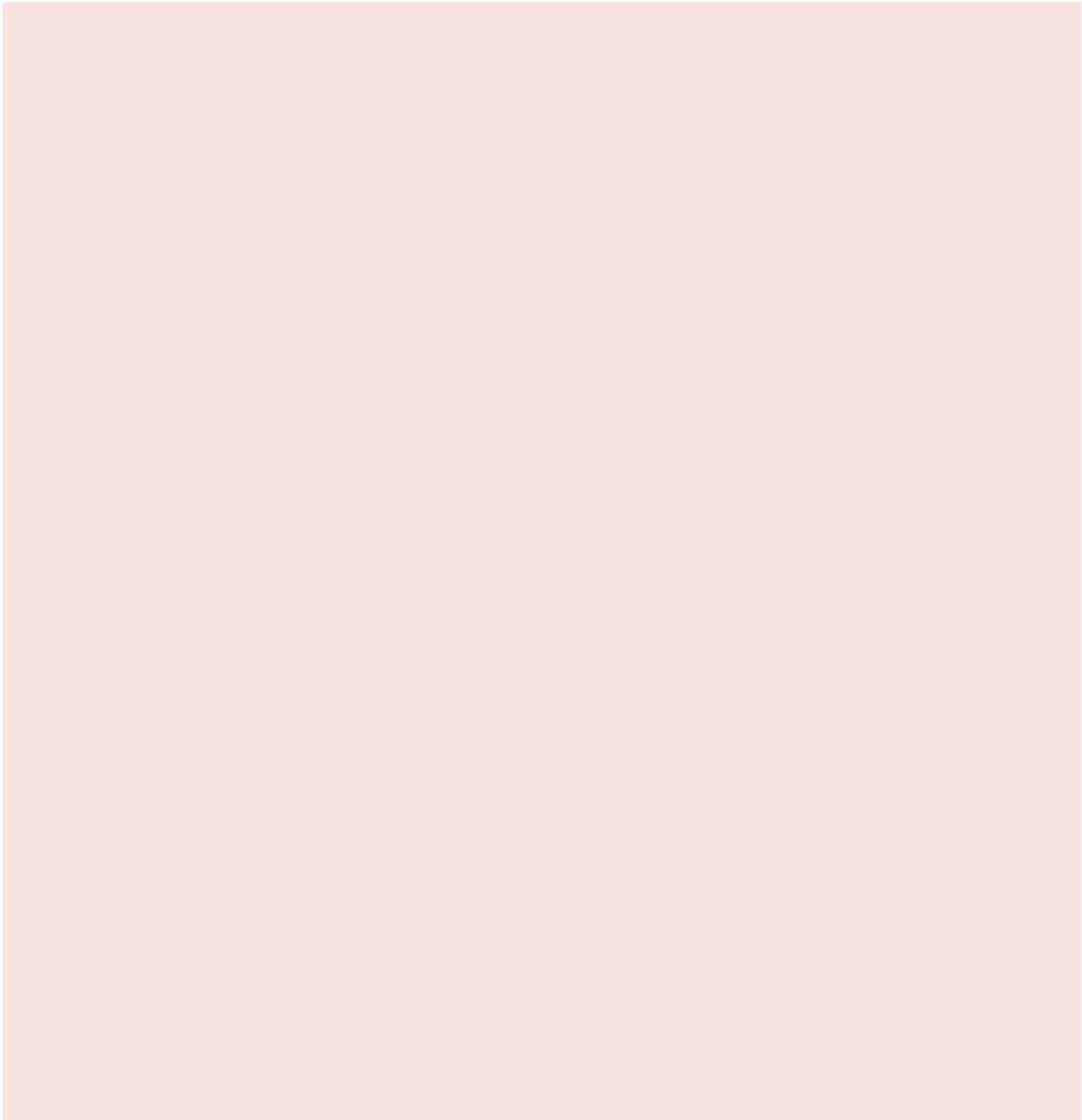


Describe the person you want to be in this area of your life a year from now?  
Five years from now, even 10 years from now.

How do you want to live, eat, sleep, be in the world? Describe the things that you have and that you do.

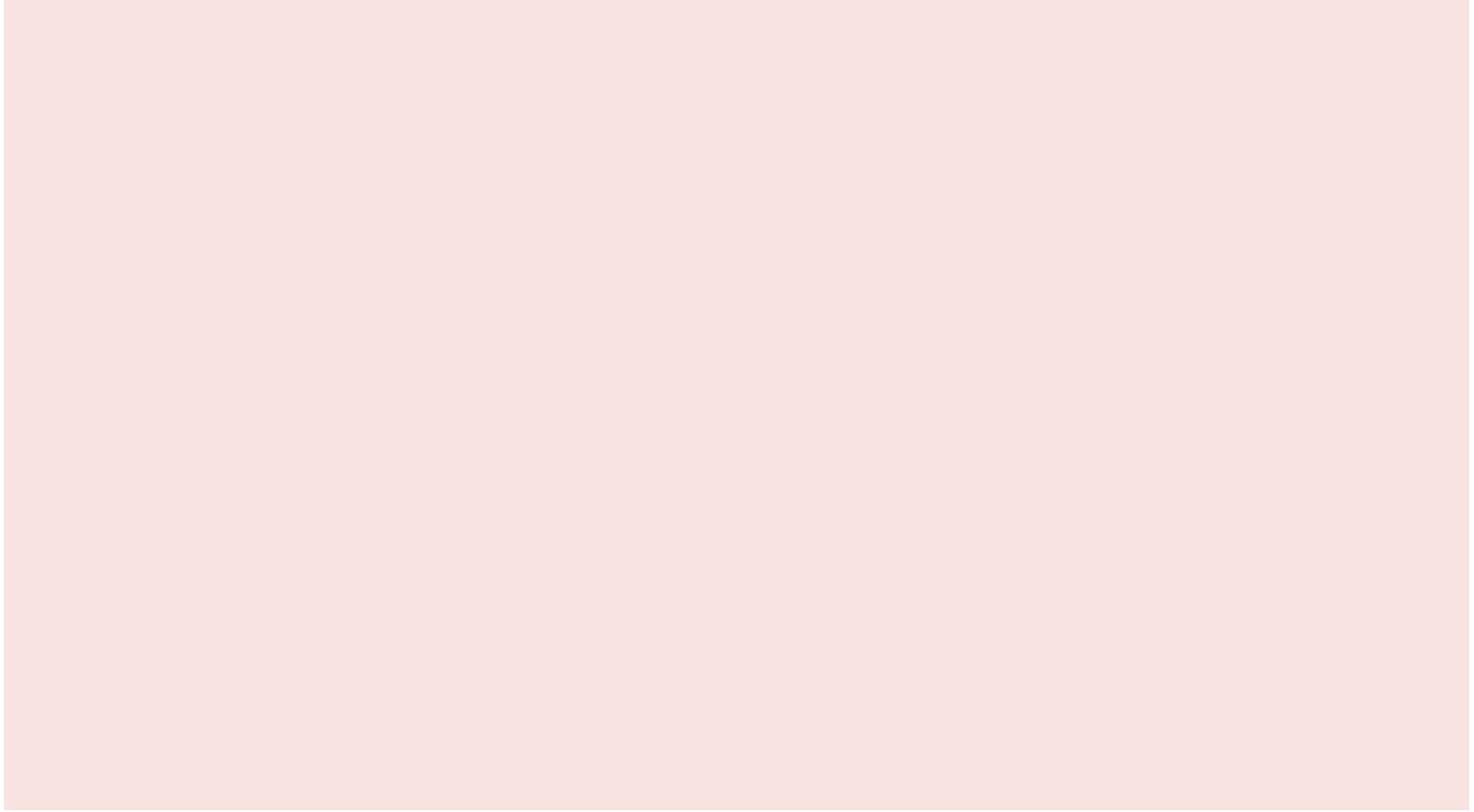
What are you excited about? What do you think about? How do you want to feel?

How do you spend your day? How do you start your day and end your day?

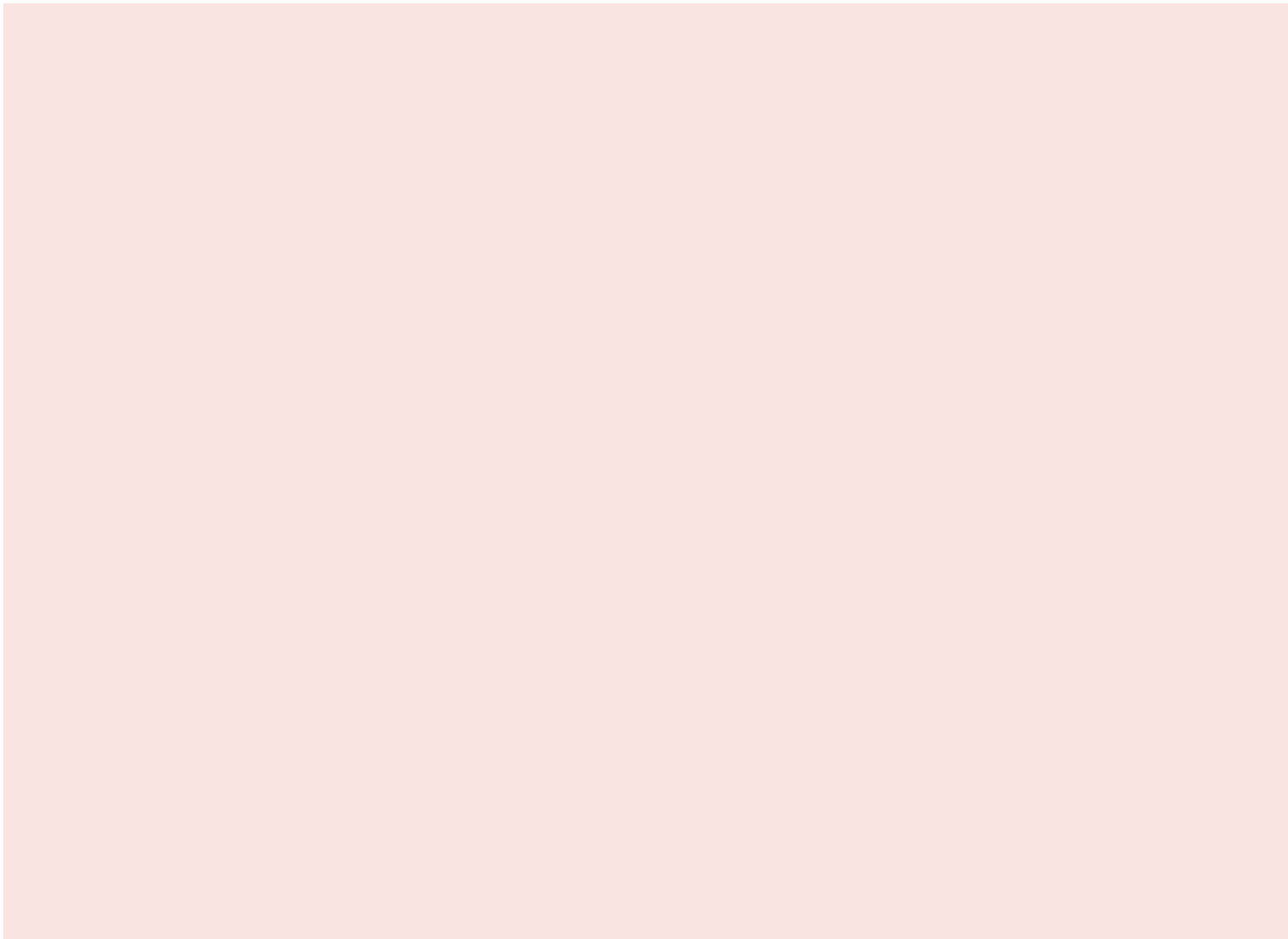




Look at your current self and your future self. How are these two people the similar?



How are these two people different?



What are some things that you can do today from your future self list?

To become your future self, what is required of you? What are you willing to learn, and do? What will you commit to doing daily, weekly?



What are some things that you want to accomplish in the next 6 months?

When you think about what you want to accomplish, what thoughts come up for you?



Hi Friend,  
So glad you are here!

Ready to take the next step?

Let's Chat!



Schedule your connections call today and  
let's get started creating your

**LIFE BY DESIGN!**

This is your first opportunity to tap into your  
future self and take action.

She already knows...