

# Envisioning My Future Self

A reflection on the last 12 months can be a great way to identify what has been successful in your life, what new opportunities await, and how you envision your future.





## **A good time to start is Now!**

You don't have to wait or the beginning of the year to start reflecting and envisioning your future self! Start now! Here's some quick steps to review the past 12 months and how you can use them to springboard into an exciting time ahead.

1. Gather information: A good way to start is by gathering any relevant information, such as your calendar, journal, or to-do lists from the past year. This will help you to remember specific events, accomplishments, and challenges.
2. Identify major events and accomplishments: Take some time to reflect on the major events of the past year, such as special achievements, milestones, or challenges. Consider how they impacted you.
3. Reflect on personal growth and development: Consider the personal growth and development that you've experienced over the past year. Did you acquire any new skills or knowledge? How have you've grown as a person.
4. Any areas for improvement: Think about areas in your life where you'd like to improve, such as personal or professional development, health and wellness, or relationships. Were there any obstacles that you've faced in these areas?
5. Are you a goal setter? If you set goals for yourself in the past year, evaluate your progress towards these goals. Consider what worked well, and what you could have done differently to achieve your goals.
6. Consider what you're grateful for: Take some time to reflect on what you're grateful for from the past year. This could include people, experiences, or personal growth.

# ENVISIONING MY FUTURE SELF REVIEWING THE PREVIOUS YEAR WITH GRATITUDE

Reflecting on the past year can be a helpful way to gain insight and perspective on what you've accomplished, what you've learned, and what you'd like to improve upon in the future. By taking the time to review the past year in a thoughtful and intentional way, you can gain valuable insights and set yourself up for success in the future.

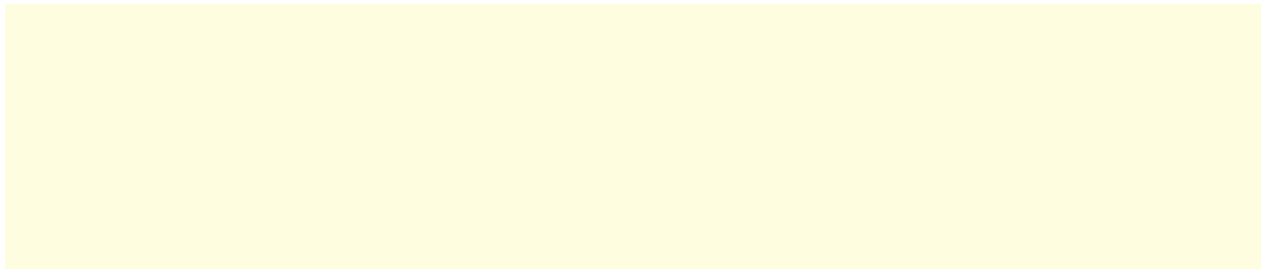
WHAT GOALS AND VISIONS CAME INTO FRUITION?

WHAT DIDN'T GO ACCORDING TO PLAN? ANY CHALLENGES?

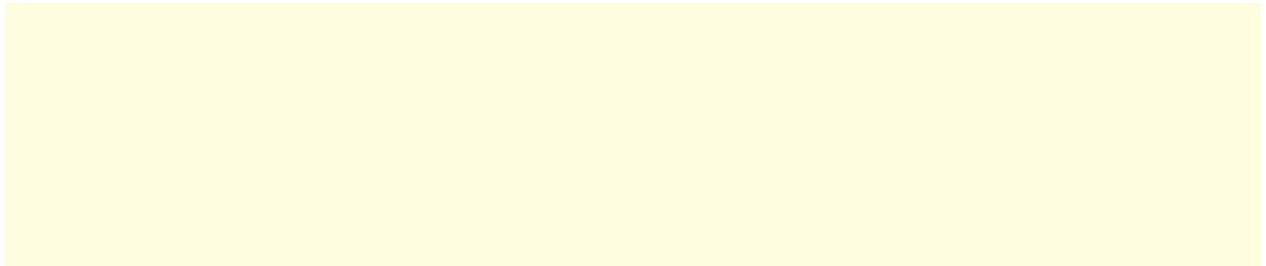
WHAT KEY LESSONS WERE LEARNED FROM THE PAST YEAR?

# ENVISIONING MY FUTURE SELF REVIEWING THE PREVIOUS YEAR *WITH GRATITUDE*

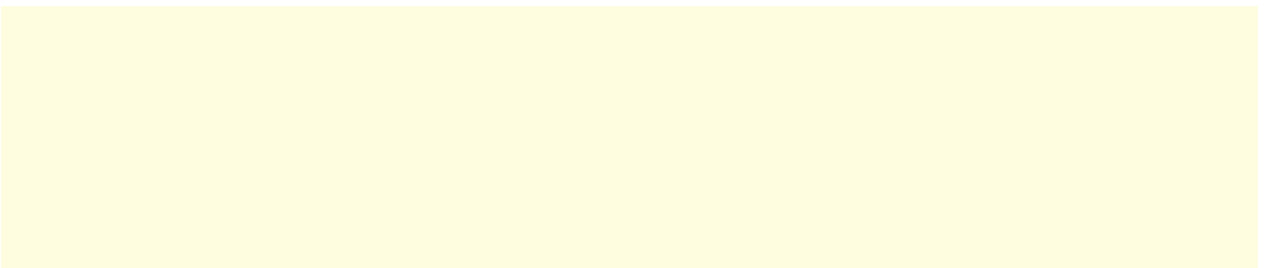
LIST SOME OF YOUR SUCCESSFUL PERSONAL STRATEGIES THAT YOU'D LIKE TO CARRY WITH YOU INTO THE NEXT YEAR?



WHAT INSPIRED ACTIONS DID YOU TAKE IN THE PAST YEAR?



LIST THREE WORDS OR EMOTIONS THAT BEST DESCRIBE THE PAST 12 MONTHS?

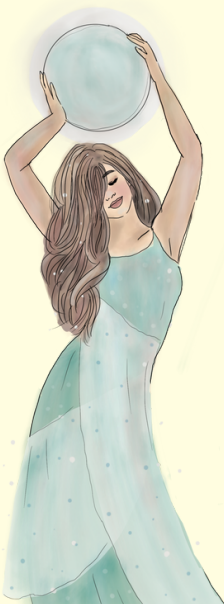


# ENVISIONING MY FUTURE SELF REVIEWING THE PREVIOUS YEAR *WITH GRATITUDE*

IN THE PAST 12 MONTHS, WHAT HAVE I BEEN MOST GRATEFUL FOR?

WHAT FORMS OF SELF-CARE DID I OFFER MYSELF?

# My thoughts, feelings, and notes



# Big, Bold, Bright Ideas



# Reflections



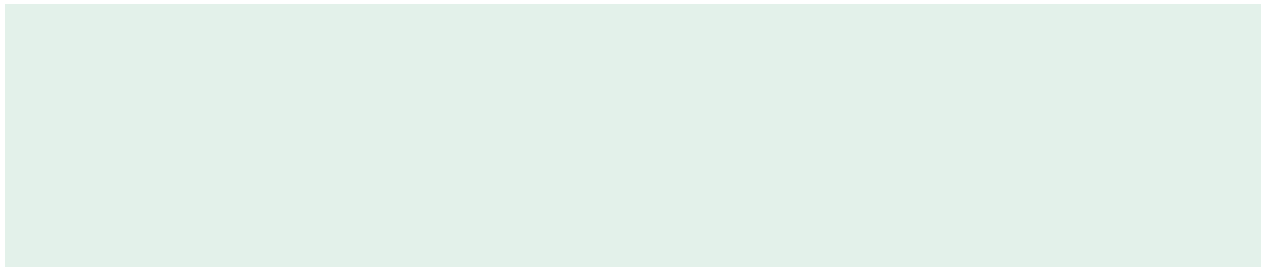


# Doodle Space

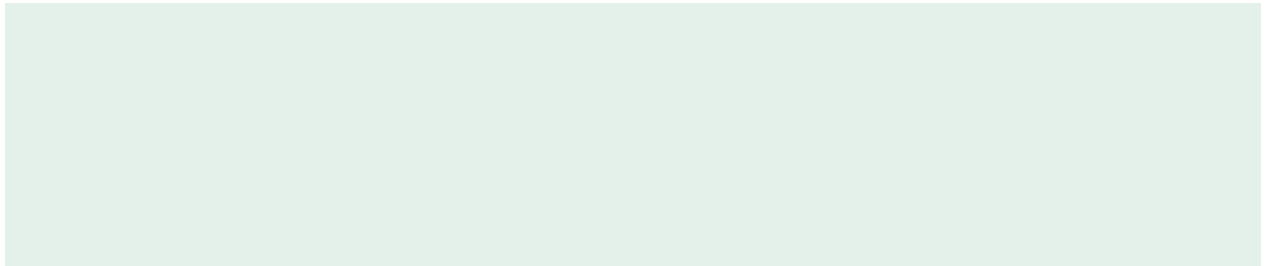


ENVISIONING MY FUTURE SELF  
IMAGINING THE NEXT 12 MONTHS  
WITH EXCITEMENT!

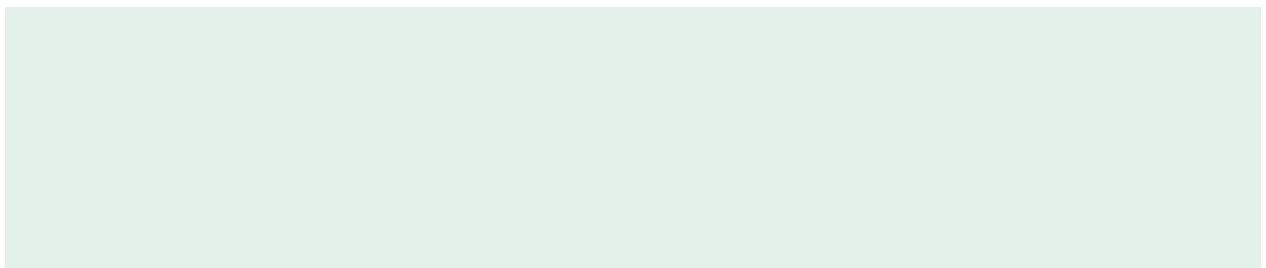
WHAT IS YOUR NUMBER ONE VISION YOU'D LOVE TO CREATE?



IN ORDER TO ACHIEVE YOUR VISION, WRITE A FIRST ACTION STEP.  
SOMETHING YOU CAN DO NOW!! MAKE IT REAL!

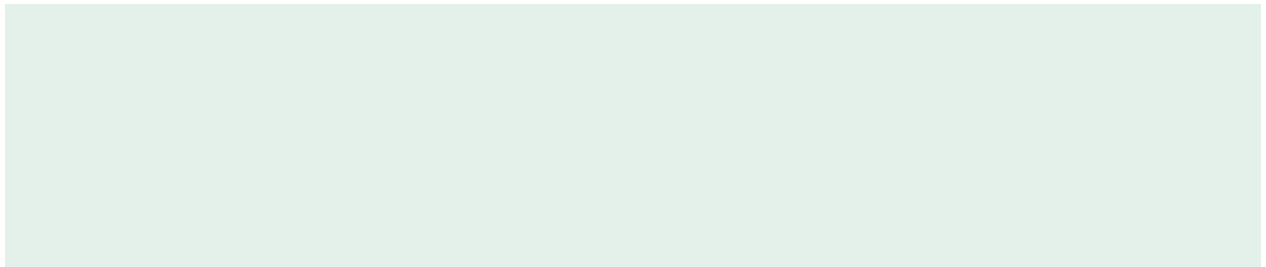


WHAT MAKES YOUR HEART SING?

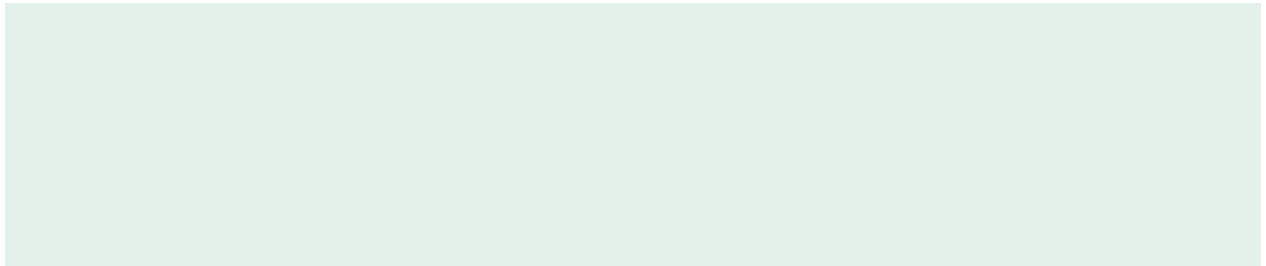


# ENVISIONING MY FUTURE SELF IMAGINING THE NEXT 12 MONTHS WITH EXCITEMENT!

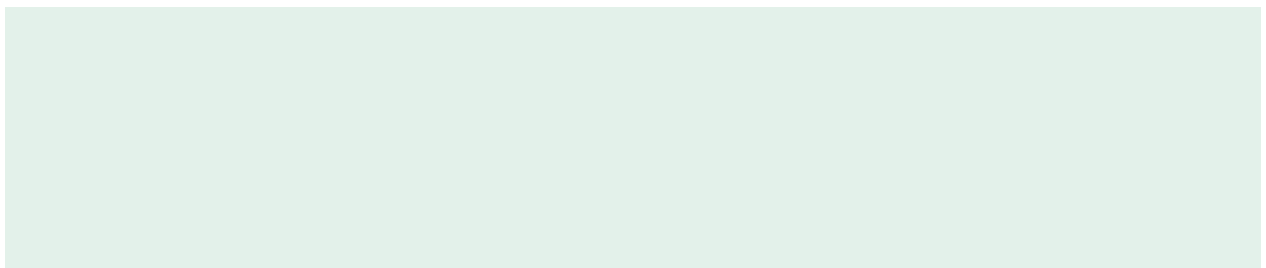
LIST THE PLACES YOU'D LOVE TO VISIT AND EXPLORE



WHAT MAKES YOU FEEL FREE? WHY?

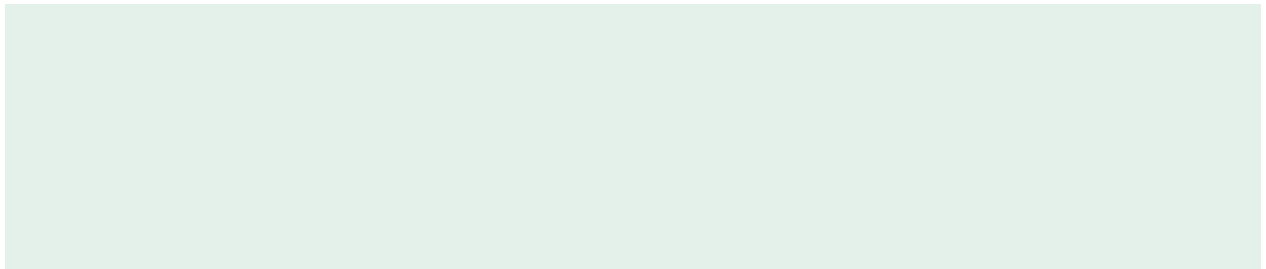


LIST THE THINGS YOU WANT TO MAKE

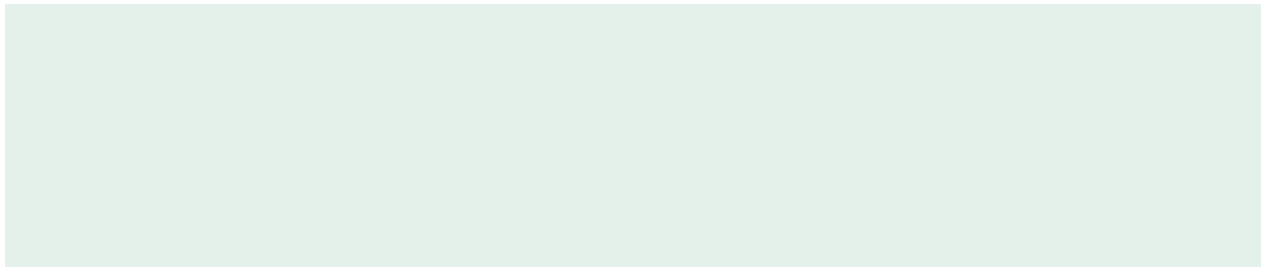


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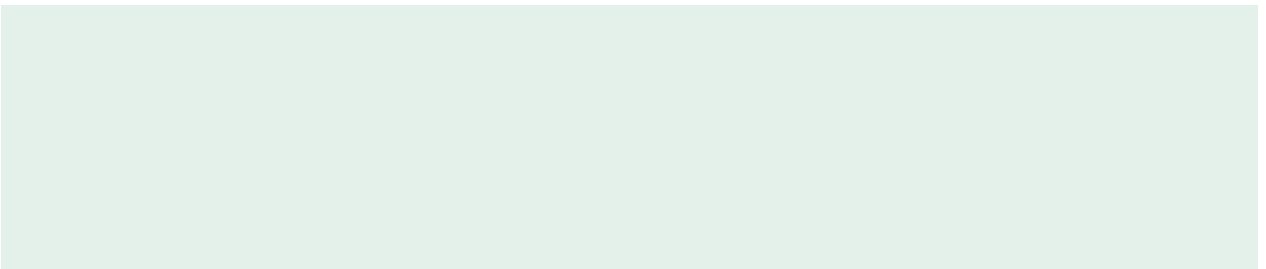
WHAT BIG VISION LIGHTS YOU UP? MAKE IT A STRETCH GOAL.



HOW WILL YOU CELEBRATE YOUR SUCCESSES THIS YEAR?



IN WHAT WAYS CAN YOU BE MORE SUPPORTED?

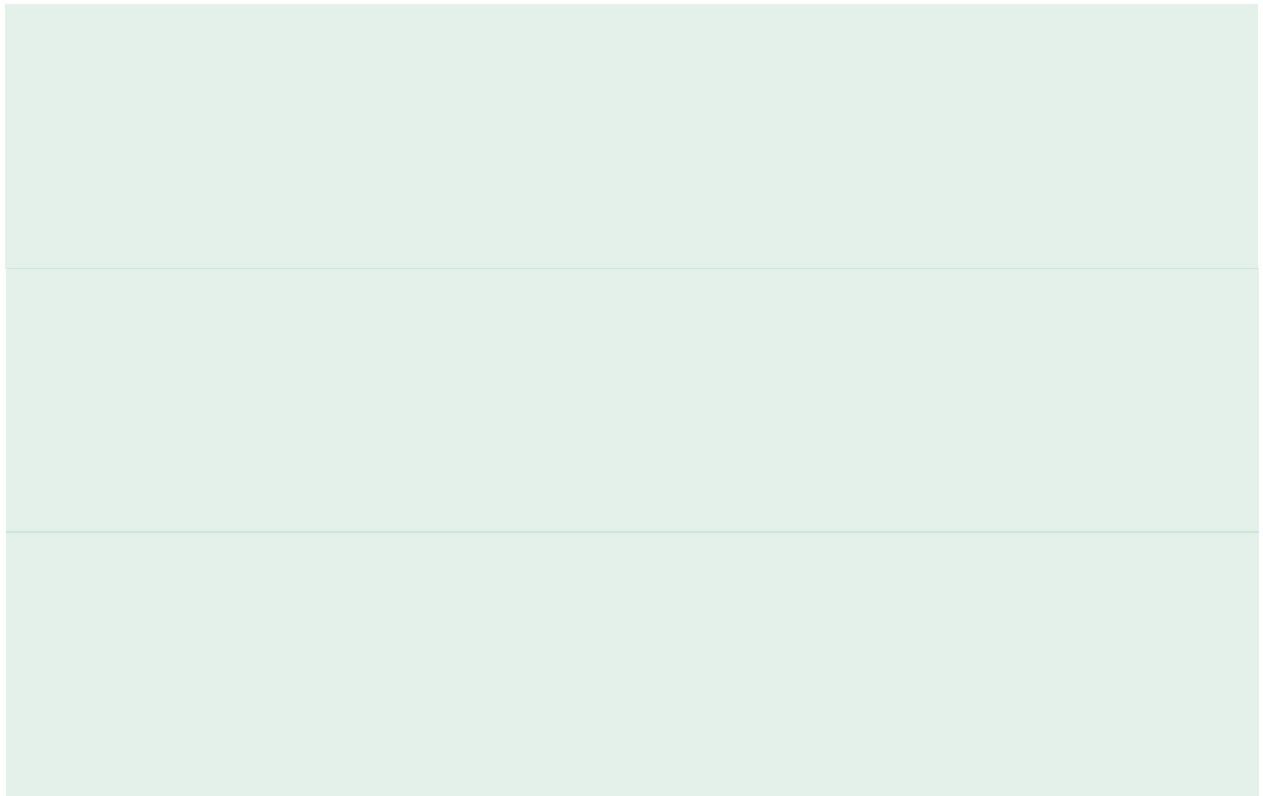


# ENVISIONING MY FUTURE SELF

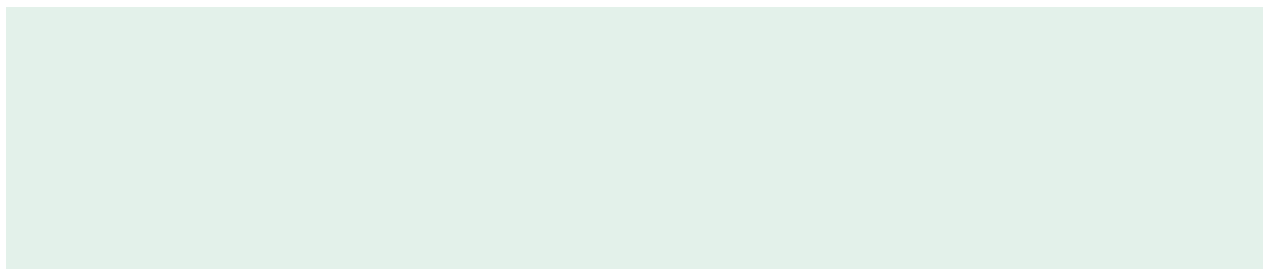
## IMAGINING THE NEXT 12 MONTHS

### WITH EXCITEMENT!

PICTURE YOUR FUTURE SELF 12 MONTHS FROM NOW. WHAT ARE YOU WEARING? HOW DO YOU FEEL AND LOOK? WHO IS IN YOUR LIFE?



HOW IS YOUR FUTURE SELF DIFFERENT THAN YOU TODAY?





# My thoughts, feelings, and notes



# Big, Bold, Bright Ideas



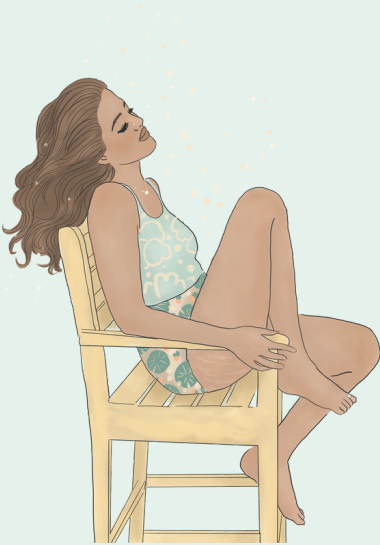
# Reflections



# Intention Setting



# Desires and Wants of Mine





I am grateful for ~ ~







Discover the Undiscovered You

## Meet Laura Staisiunas



Laura Staisiunas RPh, is the founder of Little Aspen Studios, a haven for those seeking inner guidance and new direction through a practical, laser-focused magical way.

Her work embodies a down-to-earth approach through the distillation of her deep inner wisdom of transformation through the Akashic Records, intuitive channels, Aromatherapy, Shamanic arts, and a diverse collection of creative outlets imbued with high vibration.

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