

Future You Guide

from a vision for the future
to the reality of today



Amarieyo Life Coaching
Owning your life starts with you

Welcome

Welcome to the Future You Guide.

In this workbook, you, and very specifically your 2036-you, are both given space.

We will spend time together in your future. To imagine what it might look like. And to translate this into choices for today.

Because this guide isn't about living in the future with your head. It's about consciously living today.

Sometimes people wonder if, after a certain age, it's still useful to think about their future. Your younger years are behind you. So what?

There are still many conscious years ahead of you. Because let's be honest: when we look at the first 20 years of our lives, we were mostly busy conforming and following the expectations of our parents and school.

In the next 20 years, you follow the path that has been laid out, and societal expectations often guide you. And today? You are gradually trying to find more and more of yourself within that.

All the more reason why NOW is the time to choose the next 10 years more consciously than ever!

This workbook is divided into 3 sections:

- 1) Why 2036?
- 2) What will 2036 look like, and who do you want to be in 2036?
- 3) How do you translate 2036 into today?

Let's get started!



1) Why 2036?

Why the connection between 2036 and today?

People usually come to me because they want **change today**. And I've got you with this Future You Guide (even though the title suggests otherwise 😊). That's because together we'll create the setup that helps you take action. Not just fantasizing. And not going wild. We're going for focused and concrete action.

By **spending time in your future**, you can break free from dwelling on the past. One of the biggest blockers, right? By focusing on the future first, you activate yourself. After all, it has to be worthwhile to take action, try things out, and approach things differently.

Because your brain is programmed to resist change. Our brain naturally doesn't want to make changes. It's an efficient way to conserve energy. That's human nature, so there's nothing unusual about you if you've tried several times to change certain habits without success. **You're human.**

But can you create change? Yes! If it's worth investing energy in. So you want to create a vision that's worth making changes for. Because your brain is willing to free up energy for things that feel worthwhile.

A vision that is WORTH IT for today.

Why 2036?

Have you also thought: but why 2036?

Two reasons:

1) **FAR enough**: 2036 is far enough away that the obstacles of today won't immediately block you from creating your vision. This way, we mute the "yes, but that's not possible for me right now" voice. We'll come back to the obstacles later in this exercise. I'm not going to leave them hanging.



1) Why 2036?

2) **CLOSE enough:** 2036 is also close enough to still see it as part of your life. This way, it doesn't become an abstract, Disney-dream-like vision. We remain grounded in our own lives.

This combination ensures that you dare to think in terms of change, without panicking: "But I can't achieve all that tomorrow." That's why 10 years is such a powerful distance: you can visualize whatever you want for your future.

This is YOUR PERMISSION to THINK BIGGER.

What not, and what is?

I also want to let you know that this Future You guide is not about dreaming in the void. Your life today is not being pushed aside, and we're not going to pretend it doesn't exist. Sure, you can change everything, but in the work you do with me, you'll notice that this is not my starting point.

Realness for the long win!

What it is: living your life more consciously from a vision, or "no longer being lived." It's about making choices that align with who you are or are becoming.

In your job.

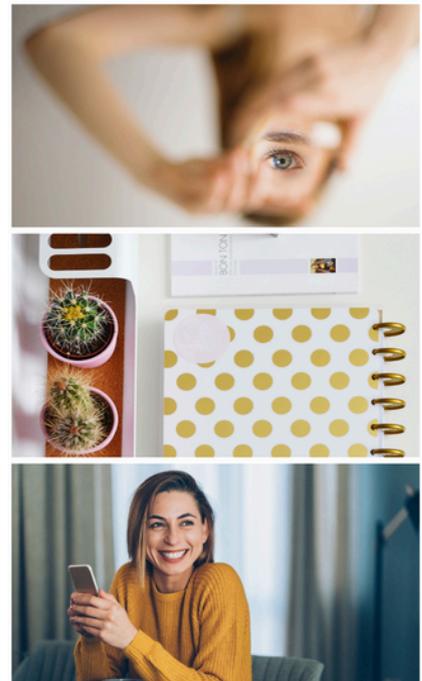
In your family.

In your body.

In the way you are present.

Not about living with your mind in the future, but about living consciously today. In my clients' success stories, I see that these were not the result of one drastic decision. But rather the result of a series of small and large shifts in how you see, feel, and choose. I call them "the 1% shifts," which together make a world of difference.

THE SUM of the 1% SHIFTS is where the REAL IMPACT lies.



2) What will 2036 look like, and who do you want to be in 2036?



Now it's time to go deeper and reflect on what you want for yourself in 2036.

There's no right or wrong way to do this.

I've included some questions to help start this train of thought. Let the ideas flow. You can think generally or in specific areas of your life.

I find it easy to think in areas like family, professional life, my body and mind, my financial situation, hobbies, and the experiences I want to create... (I've included my personal top three a little further down).

- What will you be primarily focused on in 2036?
- What won't be your focus in 2036?
- Who will you have become in 2036? In 2036, I will be someone who...
- In what areas will you take yourself more seriously in 2036?
- What will you be proud of in 2036?

What are the most important answers?
What resonates most with you in your answers?

All of this is part of your 2036-you.

2) What will 2036 look like, and who do you want to be in 2036?



Let me take you through three personal reflections:

1. Me and my body

In 2036, I'll be 56. Perimenopause has already set in, so I already feel I want to level up my body care. Because I don't want menopause to feel like a loss of myself, but like a new era.

The change is happening, and I want to own it without feeling like I have to endure it. I don't want to feel like a victim of my natural and human body. I don't want to only listen to my body when it starts shouting.

My body is changing, and my life is changing. I saw it in photos from 2016, so it won't be any different in 2036. I want to feel physically strong and able to move with ease. I don't want my body to be a showstopper. How I'll do this? That's part of the next section.

2. Being a Mom in 2036

In 2036, my son will turn 21. Between now and then lie his teenage years. It's one of those areas where I largely don't have control. How he will evolve and develop, that's his story.

That's why I'm focusing on what I can control. How do I want to look back on this time? What kind of mom do I want to have been during this period?

I don't want to look back and think I was mainly controlling instead of connecting.

3. Career

Although retirement won't be an issue for me personally in 2036, it will already be a hot topic in our house. My husband will be facing it by then. So what do I want my career to look like? What should it provide, in terms of fulfillment and finances? It's good to pause and reflect on this now and brainstorm ideas.

I want my work to be a conscious choice by then, not a habit I simply keep repeating.

3) How do you translate 2036 into today?

Now that you have a view of your 2036-you, you can start translating it into today. We're not making a 10-year plan. We're aligning your today with your 2036-you with, yes, 1% shifts.

Your most important mentor in all of this? Your 2036-you.

Until now, you may have looked outside yourself for direction and sought examples. From here, I want you to look up to your 2036-you. Let her be your guide and mentor, so you'll always have her close by. I also encourage you to dare to trust yourself. No one knows you better than you. You already possess so much wisdom. Let that 2036-you guide you so you can use her wisdom today. You don't have to become a carbon copy of someone else. You can become more and more yourself.

Who do you want to become to support the 2036-you?

- I'm becoming someone who...
- I'm becoming someone who...
- I'm becoming someone who...

How does it feel when you think about this?

- I feel...
- I feel...
- I feel...

And now the bridge to today:

- Today, I'm already becoming someone who...
- Today, I'm already becoming someone who...
- Today, I'm already becoming someone who...



3) How do you translate 2036 into today?

What do you want to focus on today to move toward your 2036-you?
And what do you no longer want to focus on?

Then today I will try; ...

Then I'll stop doing... today:

Then I'll try... today:

Then today I want to learn more about: ...

Then this becomes a priority: ...

Then this becomes less important :...

Then I'll stop postponing this: ...

Then I will stop patiently waiting to make this happen:

You don't have to answer every bullet point. One is enough.

The doubt that may arise

And perhaps you hear that familiar voice of doubt now:

- Just act normal
- This is too much
- That's selfish
- That's unrealistic
- Now is not the time
- I have to get everything under control first
- Who am I to want more?



Relatable. Human. You don't have to push those thoughts away. And you don't have to believe them either.

Often, these thoughts are trying to protect you from something, keeping you safe by encouraging you to think small. What could this be? Recognizing this often moves these thoughts to the sidelines, so they no longer push you away.

Sometimes doubt has become a habit over the years. What you can do then is put the doubt on hold for a moment: I don't have to believe you. What you can do then is put the doubt on hold for a moment: I don't have to believe you.

You don't have to realize your 2036 vision next month. I want you to go for the 1% shifts. This gives you permission to try something that could bring you closer to your 2036-you. With a 1% shift, you go for what is doable, without stretching too far. So let's start there.

3) How do you translate 2036 into today?

You don't have to build the future all at once, but you can start choosing in its direction today. If you take your 2036-you seriously, what is your 2036-you asking of you today? Don't choose perfection, choose direction. 1% today is enough.

Sometimes you'll want to adjust something you're already doing, sometimes add something, or even stop altogether. Sometimes it's simply a matter of allowing yourself to be more radically yourself. This is what came up for me:



1. Me and my body

If my 2036 self wants to be strong and flexible, then I clearly have something to do. I actually think it would already be enjoyable to start working on this today. Concretely, this translates into:

- Developing an exercise routine. Focused and with gentleness. Thinking less in terms of, "I should do this." " This also means less self-judgment about what I do and don't do.
- Finding a way to make exercise a priority in my life today, and determining what boundaries I need to set for myself.

I don't have a detailed plan leading up to 2036. I don't want to wait until my body forces me to take better care of myself. And this is where I start now.

2. Being a mom in 2036

Here, I definitely want to focus on what I can do and what I have control over. These are my first steps:

- Informing myself about puberty. I was a teenager myself, but without really knowing what was happening in my body and mind. Time to gain more insight into that. What I want to achieve with this is to understand his development and, with this information, guide him as well as possible.
- How do I transition from mothering to supporting him, and creating a safe space for him?
- And for myself: Who am I when I'm practically less needed? My role as a mom is changing, and I want to be present without losing myself.

I don't need to know how to handle every situation yet. I don't want to be driven by fear, but by a place of support and connection, for him and for myself. And this is something I can already do today for my 2036 self.

3. Career

And that's what this 2036 work can also do: reaffirm choices already made. What this does for me today is give me extra fire and drive. I want my work to remain a conscious choice, not a habit.

3) How do you translate 2036 into today?

Strategies

Your vision for 2036 is clear. You know what you can do today. And yet... something might arise inside you that says:

- Can I actually make this happen?
- Who am I to want this?
- What if I don't succeed again?
- Just act normal.

And also: life is life, and there will be obstacles along the way. I told you I'm not a fan of Disney dreams. We're grounded enough and realistic enough to know that there will be road bumps.

In this Future You Guide, I want to introduce you to one of the strategies I teach my clients that will also work for you to realize your vision for 2036:

Strategy: Believing in yourself.

Believing in yourself is shaped by the "phrases" you hold as truths about yourself.

They aren't facts, but phrases you've carried with you for a long time. Phrases that once helped, but that hold you back today. Often these are: Others know better. I can't do this. This isn't for me. Others are more important. These are beliefs that are so ingrained that it can feel like: "that's just the way I am." Not very helpful if, for example, you want to change your priorities for your 2036-you.

Believing in yourself doesn't start with big words. It starts with different phrases.

For example:

- It's possible that I don't see all the options yet.
- I learn by doing.
- I'm on my way to getting good at this.
- I'm becoming someone who can approach things differently.

Feel what changes when you read this. Not in your head, but in your body. Thinking differently creates a different energy. And that energy makes you move. Because you become braver. Or you feel hopeful, because you do have a say in your next 10 years.



With these small "**I-believe-in-myself**" shifts, you'll already be living differently today. This automatically makes it easier to step toward your 2036-you.

Invitation to your first 1% shift

When the idea for this Future You Guide first emerged, my main drive was to put your future in the lead.

Perhaps after reading this guide, you'll feel two things at the same time:

- Drive because you feel: this is about my life.
- Doubt because you think: how do I start this alone?

You don't have to start this alone. This isn't an exercise. This is about your life. Sometimes it helps to say this out loud. To look at it together. To feel what's right and where you can start today.

That's why I invite you to a free, online consultation. During this consultation, we'll work together on anchoring your Future You, because you're too important to let it drift. I'll also help you identify obstacles, so you can make targeted 1% shifts.

A gentle conversation, without pressure. With direction, meaning, and focus. But with direction, meaning, and the main point. A conversation in which you and your 2036-you are taken seriously.

The 1% shift you can make today?

Schedule that consultation.

Because you and your future are worth it.

You can schedule your future conversation at:

www.amarieyo.be/consult or

send me an email at veerle@amarieyo.be

A gentle conversation without pressure,
but with meaning, direction, and the main point.

Looking forward to our conversation,

With gentle and powerful regards,

Veerle Van Laere

Life Coach, Amarieyo Life Coaching

