



TRUE Leaders Community

Your Future Self

This exercise is designed to help you become more aware of your desired future and tune into your inner mentor.

Take some time to consider your future self. The timescale is up to you – the further into the future you can imagine, the better. What are you doing in this future version of yourself? Who are you being? What is important to you? Where are you living? Write down as much detail as you would like to about the future version of yourself.

Having reflected on this, what advice does this future version of yourself have for you today? How will you take the advice on board?