

## **Practice: Write the next version of you**

One of the most powerful things you can do during periods of transition is to stop defining yourself only through your past and begin creating clarity around who you are becoming.

Because before life changes externally, identity often shifts internally first.

The decisions you make, the opportunities you pursue, the boundaries you create, and the environments you choose are all influenced by the version of yourself you believe is possible.

This exercise is not about perfection.

It is about vision.

Not the version of you shaped by fear, limitation, or old expectations, but the version of you that feels aligned, grounded, and fully connected to her own potential.

Take your time with this exercise.

Do not write what feels “reasonable.”

Write what feels true.

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## **Write the Next Version of You**

### **Step 1 Imagine Yourself Three Years From Now**

Picture yourself three years from today.

Not the perfect version.

The aligned version.

The woman who stopped apologizing for ambition.

Who no longer waits for permission.

Who trusts herself more deeply.

Who feels calm in her own voice, choices, and direction.

Now begin writing freely.

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## How does she speak about herself?

What language does she no longer use?

What has changed in the way she thinks, communicates, and shows up?

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## What environments does she choose?

Who surrounds her?

What kinds of conversations, rooms, and relationships are now part of her life?

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## What has she stopped doubting?

What fears no longer control her decisions?

What does she now believe about herself that once felt difficult to believe?

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## What kind of work does she accept or refuse?

What standards has she created around:

- leadership
- balance

- compensation
- flexibility
- respect
- growth

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## What does her life feel like?

Not only externally.

Internally.

How does she feel when she wakes up?

How does she move through decisions?

What energy surrounds her now?

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## Step 2 connect the future to the present

Now ask yourself:

What is one small decision I could make today that aligns with this future version of myself?

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## Final Reflection

You do not become a new version of yourself overnight.

You become her gradually:

through choices,

through environments,

through boundaries,  
through repeated decisions that align with the future you want to create.

And often, the next chapter begins long before the world can see it.

It begins the moment you decide to believe that it is possible.