

31-Day Challenge: What Will Your Future Self Thank You For?

Day 1 - 31

Two Questions

1, what can you do today that your future self will be pleased about and grateful for?

2, what can you stop doing today that your future self will be pleased about and grateful for?

Answers

Today I can:

Today I can stop doing:

Motivational Visualisation

The First – One Reality

It's Wednesday, the first of January and you look back over December and think about what you did and stopped doing. How do you feel about this?

Perhaps you feel relieved and grateful for committing to your own growth and wellbeing. Perhaps you feel a sense of healthy pride?

After what you have done, you could have the sense that this is just the beginning and that there is so much more than you are capable of.

The Second – Another Reality

It's Wednesday, the first of January and you look back over December and think about what you didn't do and kept doing. How do you feel about this?

Perhaps you feel frustrated, angry and full of regret for not committing to your own growth and wellbeing. Perhaps you feel as though you have betrayed yourself.

After this, you could have the sense that one or a number of areas of your life will never change. You might question how you will get yourself moving and be able to change.

Final Words

Remember: each day that you commit to doing this is another day that you will be committing your own growth. Also, if you don't do this for one or two days, you can simply carry on the next day.

There is no need for you to lay into yourself and waste your energy focusing on what you haven't done. Keep in mind that you deserve your own kindness and to live a fulfilling life.