

Decide to Be Your Future Self Excerpt

Where might you be feeling dissatisfied with certain aspects of your life? Do you feel stuck in a rut or have a nagging sense that there's something more for you to do? That could very well be a sign that it's time to grow into your future self. A research study conducted by psychologists at Stanford University found that people who actively made decisions about their goals and aspirations were more likely to achieve them than those who didn't. Our decision-making has power, which can significantly impact our ability to create our desired future.

Your future is in your hands. The choices you make today will shape the rest of your life. But how do you know what choices to make? How do you decide what you want to do with your life? I will introduce you to my proprietary S.O.A.R. framework. S.O.A.R. is an acronym for Shift Your Mindset, Overcome Challenges, Activate Your Plan, Reflect and Refine. This framework is a roadmap to becoming your future self. Shift Your Mindset focuses on creating a vision and defining your future self through mindset changes. Overcome Challenges addresses limiting beliefs and self-doubt on the journey to becoming your future self. Activating Your Plan emphasizes the importance of setting goals, creating a plan, and taking action. Reflect and Refine underscores the value of celebrating milestones along the way and adapting your plan as needed.

The book has four sections based on the S.O.A.R. themes. Each chapter within a section discusses a specific topic, where you will also find inspiring quotes, relatable stories, practical guidance, and reflective coaching questions. As you read the twelve chapters in this book, I

encourage you to have an open mind and to act on what you learn. Read each chapter thoughtfully and complete the coaching questions at the end of each section so you can:

- Have a clear vision of what you want to achieve in the future.
- Make wise decisions that line up with your values and long-term goals.
- Overcome challenges by staying resilient and motivated to achieve success.
- Create a plan and take inspired action to achieve your desired future.
- Celebrate your achievements along the journey.

Deciding to become your future self lies in your hands. Only you have the power to design your destiny and create the future life you envision. So, are you ready to begin this transformative journey with me? Let's get started as you 'Decide to Become Your Future Self!