

HOW TO BECOME THE HIGHEST POSSIBLE VERSION OF YOURSELF

1. Write your name and the date one year from now on the dotted line
2. Under your name, draw yourself
3. Imagine being that version of yourself, one year from now. You are joyful, fulfilled and you are reaching your goals. From this place, do step 4-6 (there's an example on Page 2 to help you!)
4. Under beliefs, write the abundant belief systems you have
5. Under feels, list the abundant feelings that you have
6. Ask yourself, "When I think and feel like that, how do I then behave?". Write down what comes up under behave
7. Start embodying these beliefs, feelings and behaviours NOW! Harness the power of your future self to help your present self take action and **MAKE IT HAPPEN** ✨

BELIEFS	FEELS
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BEHAVES (ACTIONS & HABITS)

Read more: <https://sophieclydesmith.com/how-to-become-the-highest-version-of-yourself/>

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BELIEFS

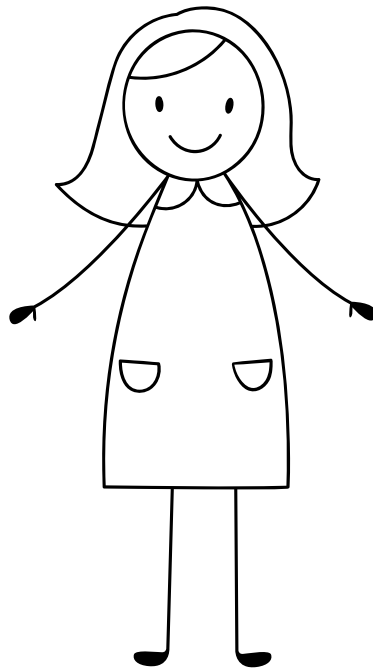
E.g. I believe I am great at what I do do

I believe I am capable

I believe that I can truly help people through my work

I believe I am worthy of charging £X

E.g. Sophie in 2023
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FEELS

E.g. I feel confident, playful, powerful, abundant, sexy, resourceful, peaceful.

BEHAVES (ACTIONS & HABITS)

E.g. I am excitedly and authentically sharing about what I do with my community and people I meet, I am super organised and committed to planning in my business, I am confident sharing my prices with potential clients, I am proactive and network with great energy.