

FUTURE-SELF AND GROWTH PROMPTS

- What kind of person do I want to become, and why?
- Which future goal actually feels like mine rather than something I think I should want?
- What would future me thank me for starting today?
- Which habit would make my everyday life feel more aligned with my values?
- What am I ready to stop carrying into the next chapter of my life?
- What does personal growth mean to me when nobody else can measure it?
- Where have I changed more than I give myself credit for?
- What part of my life needs patience rather than pressure?
- If I trusted that I didn't have to have everything figured out, what would I explore next?
- What would growing into myself look like instead of trying to become someone else?

