

# Self-Growth and Your Future Self



Values



Helping



Creative



Book

What values do I want my daily choices to reflect more clearly?

Which habit is helping the person I want to become, and which one keeps pulling me backward?



What would my future self thank me for starting now?

What goal matters to me even when nobody else knows about it?



What kind of person do I want to be when life becomes difficult again?

What does a healthier version of my life look like in ordinary, everyday details?

