

# **BE YOUR FUTURE SELF NOW**

## **The Science of Intentional Transformation**

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The website for this book is at: [www.futureself.com](http://www.futureself.com).

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**MAIN IDEA**

Psychologists used to believe in "determinism" – that your life and career today is the direct byproduct and synthesis of your past. Modern research has shown this is in fact false. Research now proves quite definitively that a person's past does not dictate today's actions and behaviors. Instead, we can be pulled forward by a clear vision of what we want to be in the future.



Put another way, articulating your "Future Self" can be the magnet that draws you forward to achieve that. It can be your personal growth engine. Your vision of your Future Self, and the connections you make to it, can influence the quality of your life and behaviors now. If you start being the kind of person you want to be in the future right now, that's the kind of person you'll become.

*"The Future Self concept is simple yet rarely practiced. To make quality decisions, know where those decisions will take you. Decisions and actions are best when reverse-engineered from a desired outcome. Start with what you want and work backward. Think and act from your goal, rather than toward your goal. Your brain does this automatically. Indeed, nueroscientists now agree the brain is essentially a "prediction machine," guiding behavior toward the expected future. Learning is the process of updating and improving our brain's predictions."*

– Benjamin Hardy

**The Concept** . . . . . Page 2

Identify who and what you want to be in the future, and you set your mind to work achieving that. Once you start acting like your Future Self now, you'll start growing that way in reality.

**7 Threats to Your Future Self** . . . . . Pages 3 - 4

There are seven threats to your Future Self that you should be aware of. Any of these threats can derail your Future Self, so watch for them and avoid them like the plague.



1. Without hope, your present loses meaning
2. A narrative about past stunts your future
3. Random evolution if unaware
4. Myopic decisions due to disconnects
5. Urgent battles, small goals keep you stuck
6. You're not in the arena swinging
7. Success can be the catalyst for failure

**7 Truths About Your Future Self** . . . . . Pages 5 - 6

There are seven core truths about your Future Self you need to know. Armed with these truths, you'll be equipped to shape and dictate a powerful Future Self.



1. Your future drives your present
2. Your Future Self is different than expected
3. Your Future Self is the real pied piper
4. The more vivid your Future Self, the faster
5. Failing as your Future Self is perfectly fine
6. Success means being true to your Future Self
7. Your view of God impacts your Future Self

**7 Steps to Your Future Self** . . . . . Pages 7 - 8

There are seven steps involved in being your Future Self now. Apply these steps thoughtfully and you can accelerate the arrival of your Future Self.



1. Clarify your contextual purpose
2. Eliminate lesser goals
3. Go from needing to wanting to knowing
4. Ask for exactly what you want
5. Automate and systemize your Future Self
6. Schedule your Future Self
7. Aggressively complete imperfect work