

# Imagining Your Ideal Self Worksheet

## Instructions:

This worksheet is designed to help you reflect on and envision your ideal self. Answer the questions thoughtfully, and feel free to be as detailed as possible. Remember, this exercise is about creating a vision for yourself that inspires growth and positive change.

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### 1. Self-Reflection: Where Are You Now?

- What are your current strengths and positive qualities?
  - What are some challenges or areas in your life where you feel stuck or would like to improve?
  - How do you see yourself in the next 1-3 years? What has been working for you so far, and where do you want to grow?
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### 2. Visualization: What Does Your Ideal Self Look Like?

- How do you envision your ideal self in terms of appearance, energy, and confidence? (Consider physical appearance, body language, posture, etc.)
  - How do you feel emotionally? What is your mood or mindset like in your ideal state?
  - What kind of relationships are you nurturing in this vision? Who is in your life, and what kind of interactions do you have with them?
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### 3. Core Values & Passions: What Drives Your Ideal Self?

- What are the core values that guide your ideal self? (e.g., kindness, authenticity, ambition, creativity, etc.)
  - What activities, passions, or hobbies does your ideal self pursue?
  - What does your ideal self do for work, and what does your ideal day look like?
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### 4. Habits & Routines: How Does Your Ideal Self Spend the Day?

- What time do you wake up, and how do you start your day?
- What habits does your ideal self prioritize? (e.g., exercise, meditation, reading, journaling, etc.)
- How do you handle challenges or setbacks in this ideal version of yourself?

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## 5. Setting Goals: How Can You Work Toward Your Ideal Self?

- List 3-5 specific actions you can take to begin aligning more with your ideal self. These could be small habits, mindsets to adopt, or bigger life goals.
- What resources or support do you need to make these changes? (e.g., mentorship, courses, self-help tools, etc.)
- How will you track progress and hold yourself accountable?

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## 6. Affirmations: Rewriting Your Story

- Write 3-5 affirmations that embody your ideal self. These should be positive, present-tense statements, such as "I am confident and capable," or "I am continuously growing and learning."
- How can you incorporate these affirmations into your daily routine?

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## Reflection:

- Take a moment to reflect on this exercise. Do you feel motivated, inspired, or overwhelmed? What stands out most to you about your ideal self? What is the first step you'll take towards becoming this version of yourself?

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## Action Plan:

- **Short-Term Goals (1-3 months):**  
Write down specific steps you can take in the short term to begin manifesting your ideal self.
- **Long-Term Vision (1-3 years):**  
What are your larger, long-term goals for growth? How will you track your progress toward these goals?

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## Congratulations on completing your worksheet!

Remember that the journey to your ideal self is a process. Stay committed to making small, sustainable changes, and embrace growth as a lifelong adventure.

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