



Future Pull Activity Guide

A **Future Pull** can be a miraculous way to accelerate your journey toward the health and wellness you desire. The reticular activating system in your brain that helps with how we perceive the world, will look for evidence of what we tell it to do – when you affirm your new wellness narrative, your brain will look for positives that support this narrative.

Follow these steps to engage in your future to visualize and feel what it would be like standing in your future self's shoes right now!

Steps:

1. Choose a top wellness goal or next step in your wellness journey you would like to achieve.
2. State the goal as if already done or achieved.
3. Spend 3-5 minutes talking with a family member, friend, colleague, or self about the goal already having manifested. Instruct the person you will be discussing a future wellness goal as if you have already achieved it. Ask the person to display excitement and respond with positive affirmation and questions about how you feel, how you describe your future, etc. to keep the conversation going.
4. FEEL the feelings, thoughts, and sensations in your body as if it is already happening and talk about what the future holds.
5. After 3-5 minutes, proceed as if already DONE! Send yourself a congratulatory email pretending to be your doctor, coach, or trainer. Celebrate with a healthy reward or send yourself a note or card.
6. Always use some form of affirmation and celebration after you do your future pull.

Future Pull Conversation Worksheet

The health and wellness goal I achieved:
The person I will engage in conversation:
How I felt during the conversation:
How I feel after the conversation:
I will affirm my accomplishment by: