

THE FUTURE SELF WORKBOOK

A companion to *The Woman Ahead of You*



Geniene Azalea

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Each entry here matches a chapter of *The Woman Ahead of You*. Read the chapter first, then come back here when you're ready to work with it. Keep a journal or notebook handy, since this book asks the questions and your answers belong somewhere you can return to.

My name

The date I begin



Before You Meet Her



You may have been imagining an older version of yourself long before you had language for it. Begin by noticing whether she feels like a distant ideal or somebody you already recognise.

Grab your journal and answer these questions.

Before you had language for it, when did you first imagine an older version of yourself? What did you go to her for?

On a scale from stranger to familiar, how close does the woman ahead of you currently feel? What makes her feel near or far away?

STAY A LITTLE LONGER

Instead of picturing her dream house or bank balance, describe one ordinary moment during the first hour after she wakes. What does she do, hear or notice?

DEEPER PRACTICE

Meet Her in an Ordinary Moment

Close your eyes for a moment and place yourself inside one ordinary morning in her life. Do not make it impressive. Notice the room, the light, her first thought and the feeling in her body. Write down what you saw without trying to improve it.

Meet Her in an Ordinary Moment — Your reflection

BORROW FROM HER NOW

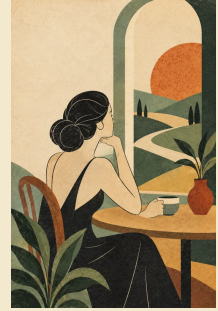
What is one feeling from that ordinary moment that you would like to borrow today?

FUTURE EVIDENCE

What would show you, however quietly, that this feeling had entered your day?



The Life She Has Created



A life is not made only from its highlights. Look at how her days feel when nothing remarkable is happening, and at what she stopped doing to make room for the life she wanted.

Grab your journal and answer these questions.

How does she feel before you decide what she owns or earns? Name the feeling as specifically as you can.

Choose one thing you say you want. What feeling do you expect it to give you? Is there a more honest way to name that want?

STAY A LITTLE LONGER

What has she stopped doing that you are still doing?

What does her week make room for that yours currently does not? Think about creativity, rest, solitude, pleasure and doing nothing.



She still gets disappointed, tired and things wrong. What has changed is what she lets a bad day mean. What does a bad day currently mean about you?



DEEPER PRACTICE

A Normal Tuesday

Write your way through one unremarkable day in her life, from waking to sleeping. Include work, food, messages, money, movement, people and the moments when she is alone. Notice what is absent as much as what is present.

A Normal Tuesday — Waking and morning

A Normal Tuesday — The middle of the day

A Normal Tuesday — Evening and sleep



BORROW FROM HER NOW

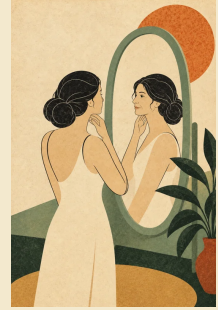
Which one ordinary detail from her day could you bring into yours this week?

FUTURE EVIDENCE

At the end of the week, what changed because you made room for it?



Make Her Real



She is not a flawless woman built from everything you currently dislike about yourself. She needs enough of your real nature to feel like a continuation of you, not your replacement.

Grab your journal and answer these questions.

Where have you built her out of what you dislike about yourself rather than what you actually want? Is she a future, or simply an opposite?

What is she still like? Name something imperfect, awkward or familiar about her that makes her feel like you.



STAY A LITTLE LONGER

Picture yourself five or ten years ago worrying about something that eventually became manageable. What are you worrying about now that the woman ahead may see differently?

What is one decision you could make today that would make her life easier, in the way you would help a friend?



DEEPER PRACTICE

The Familiar Woman

Describe her without mentioning her appearance, possessions, job title or relationship status. Write about her humour, odd habits, energy, preferences, contradictions and the way she behaves when nobody is watching.

The Familiar Woman — Your reflection

BORROW FROM HER NOW

Which familiar quality already connects you to her?

FUTURE EVIDENCE

Where did that quality show up in you this week?



Who Are You Now?



Your intentions tell only part of the story. Your ordinary week leaves evidence about what currently receives your time, money, attention and care.

Grab your journal and answer these questions.

If somebody followed you for a month without hearing a single thought, what would they conclude that you value from where your time and money went?

Where have you turned 'I have done this before' into 'I always do this'?

Where have you turned a behaviour into a personality trait?



STAY A LITTLE LONGER

What are you currently repeating that looks small but is quietly taking you somewhere?

Whose voice or expectation still shapes one of your decisions, long after you stopped noticing it was not your own?



DEEPER PRACTICE

The Honest Week

Look back over the last seven days without judging them. Record where your time, money and attention went. Circle anything that reflects the life you want. Mark anything that repeatedly pulls you away from it.

The Honest Week — Where my time went

The Honest Week — Where my money went

The Honest Week — Where my attention went



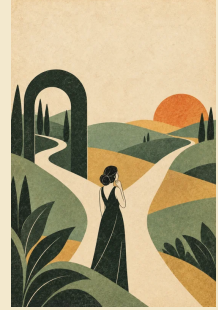
BORROW FROM HER NOW

What would future-you protect in next week's diary before anything else gets there first?

FUTURE EVIDENCE

What did your actual week reveal, rather than what you intended it to reveal?

The Woman You Don't Want to Become



This is not an exercise in shame or catastrophe. It is a compassionate look at where familiar patterns may lead if they continue making decisions for you.

Grab your journal and answer these questions.

Without shaming her, describe the version of you who forms if nothing here changes.

What relief, distraction or avoidance most often wins over what you say you want?



STAY A LITTLE LONGER

If nothing changed from here, what would be harder to change five years from now than it is today?

DEEPER PRACTICE

The Price of Repetition

Choose one pattern and follow it forward for five years. What might it cost in energy, health, money, relationships, creativity or self-trust? Then write what becomes possible if you interrupt it now. Stay factual. Shame is not invited.

The Price of Repetition — If I keep feeding this pattern

The Price of Repetition — If I begin to interrupt it

BORROW FROM HER NOW

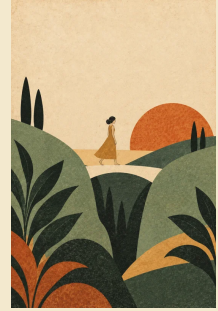
What does the woman you want to become choose when short-term relief appears?

FUTURE EVIDENCE

What is one moment when you chose direction over immediate relief?



The Gap Between You



The whole distance can look like one enormous failure. It is usually a collection of smaller differences, and you do not have to close all of them at once.

Grab your journal and answer these questions.

What is the one part of the gap you already know is real, the thing you have renamed or rescheduled rather than faced?

Which parts of the gap are cosmetic, and which would genuinely change how your life feels?



STAY A LITTLE LONGER

What belongs to your own definition of a good life, and what have you inherited from somebody else's?

DEEPER PRACTICE

Name the Real Gap

Divide a page into three areas: circumstances, habits and identity. Place each difference you notice beneath one heading. Then circle the single difference with the greatest reach into the rest of your life.

Name the Real Gap — Circumstances

Name the Real Gap — Habits

Name the Real Gap — Identity



BORROW FROM HER NOW

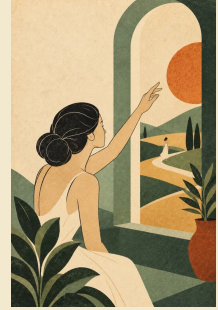
What is the first ordinary decision that would begin closing that gap?

FUTURE EVIDENCE

What did you do that made the distance even slightly smaller?



Borrow from Her Before You Become Her



Borrowing is not pretending to have her finished life. It is bringing one of her beliefs, standards, acts of courage or decisions into a choice you can make now.

Grab your journal and answer these questions.

Name one belief about money, love, success or risk that reveals itself through what you do rather than what you say.

If you believed something five per cent more than you do now, what would you do differently this week?

STAY A LITTLE LONGER

What standard has she stopped negotiating on that you still negotiate away?

Think of something that felt enormous before you did it and ordinary afterwards. What does it tell you about what you are avoiding now?

Name one decision you have been circling while waiting to feel certain. What would you be glad you did, regardless of the outcome?



Choose one small behaviour that belongs to her. What will you try this week?

DEEPER PRACTICE

The Borrowing List

Complete four short statements: She believes... She no longer accepts... She is willing to do even while afraid... She has already decided... Then choose only one answer to borrow this week.

The Borrowing List — She believes...

The Borrowing List — She no longer accepts...

The Borrowing List — She is willing to do even while afraid...



The Borrowing List — She has already decided...



BORROW FROM HER NOW

What exactly are you borrowing, and in which real situation will you use it?

FUTURE EVIDENCE

What happened when you tried it? Record the action, not only how you felt.



The Obstacle Between You



Some obstacles are real and practical. Others remain because they protect you from rejection, regret, conflict or the risk of discovering what happens when the dream becomes real.

Grab your journal and answer these questions.

What could closing this gap cost you, even temporarily? Consider security, comfort, belonging or a relationship that depends on you staying as you are.

Where might procrastination be protecting you from information you do not want yet rather than simply being laziness?



STAY A LITTLE LONGER

When you say, 'I need more confidence,' confidence to do what exactly?
Name the moment you keep turning away from.

What is the obstacle currently doing for you? What protection would you
lose if you gave up the pattern?



DEEPER PRACTICE

Thank the Protection, Change the Plan

Name the behaviour you want to change. Write what it has been protecting you from and acknowledge why that protection once made sense. Then choose a safer, more honest way to meet the same need without keeping the whole pattern.

Thank the Protection, Change the Plan — What is in the way

Thank the Protection, Change the Plan — What would help me move



BORROW FROM HER NOW

How does future-you protect herself without remaining stuck?

FUTURE EVIDENCE

What uncomfortable moment did you move through instead of avoiding?



Let Her Leave You Instructions



Sunday-night-you can leave instructions for the version of you who will otherwise be forced to improvise in the exact moment an old pattern takes over.

Grab your journal and answer these questions.

What is your Wednesday-afternoon self most likely to do that Sunday-night-you would regret?

Write one implementation intention: If _____ happens, then I _____.



STAY A LITTLE LONGER

What instruction would future-you leave based on exactly where she knows you lose your footing?

DEEPER PRACTICE

Your Instruction Card

Choose one recurring situation. Make the trigger specific, then write one response simple enough to follow when you are tired, emotional or rushed. Read it aloud. Remove any step you are unlikely to do in the real moment.

Your Instruction Card — If this happens...

Your Instruction Card — Then I...

Your Instruction Card — My one-sentence instruction



BORROW FROM HER NOW

Write the final instruction in one sentence.

FUTURE EVIDENCE

When did the trigger appear, and did the instruction help you respond differently?



Future Evidence



Feeling inspired is not the same as changing. Future evidence is the quiet proof that your behaviour has begun to move, even before confidence or comfort catches up.

Grab your journal and answer these questions.

Where is there currently a difference between talking about a change and having made one?

Name one piece of quiet evidence from this week, something you did that an earlier version of you would have avoided.

STAY A LITTLE LONGER

Has anything you changed recently felt worse before it felt better? What did the discomfort actually mean?

DEEPER PRACTICE

The Weekly Evidence List

At the end of the week, record one thing you did, one boundary you held, one promise you kept and one quiet sign that your life felt more like yours. Do not turn this into a performance review. Small evidence counts.

The Weekly Evidence List — Something I did

The Weekly Evidence List — A boundary I held

The Weekly Evidence List — A promise I kept

The Weekly Evidence List — One quiet sign my life felt more like mine



BORROW FROM HER NOW

Which action would future-you recognise as evidence, even if nobody else noticed it?

FUTURE EVIDENCE

Write the evidence plainly: I said... I did... I stopped... I began...



The Girl, the Woman and the Elder



Each version stands at a different distance from your life. The girl remembers what felt true, the woman knows what life requires now and the elder can see its wider shape.

Grab your journal and answer these questions.

What has stayed constant in you since you were ten years old?

If the girl in you wants freedom, the woman wants security and the elder wants peace, which voice is currently influencing most of your decisions?

STAY A LITTLE LONGER

What might the elder wish you had rested more over, spoken sooner about or cared less about?

DEEPER PRACTICE

Three Voices, One Question

Choose one decision you are facing. Write a short answer from the girl, the woman and the elder. Do not force them to agree. Look for the need underneath each answer, then write what a decision that respects all three might look like.

Three Voices, One Question — The girl

Three Voices, One Question — The woman

Three Voices, One Question — The elder



Three Voices, One Question — A decision that respects all three



BORROW FROM HER NOW

Which quality does each version have that the others need?

FUTURE EVIDENCE

Where did you make room for more than one of their voices?



Rewrite the Story Forward



The facts of the past remain. The verdicts attached to them can change. An event can explain part of you without being allowed to stand in for all of you.

Grab your journal and answer these questions.

What is one event where the story you still carry has become heavier than the event itself?

Is there a verdict you reached about yourself years ago that you still allow to decide what new evidence means?

STAY A LITTLE LONGER

Complete this sentence: Instead of 'I always _____,' I can say, 'I have _____ sometimes, and I learned _____ from at least some of it.'

DEEPER PRACTICE

Fact, Verdict, New Meaning

Write one event as plainly as possible. Beneath it, write the verdict you attached to it about yourself. Then write a new meaning that neither denies the event nor gives it control over everything that happens next.

Fact, Verdict, New Meaning — What happened

Fact, Verdict, New Meaning — The verdict I attached to it

Fact, Verdict, New Meaning — A new meaning



BORROW FROM HER NOW

How does the woman ahead describe this part of your history without using it against you?

FUTURE EVIDENCE

What new evidence no longer fits the old verdict?



Your Next Twelve Months



A year is close enough to feel real and long enough for something repeated to become normal. Choose a direction rather than demanding that life obey a perfect script.

Grab your journal and answer these questions.

What would need to be true twelve months from now for you to recognise that your life had genuinely turned somewhere?

What is one thing you would hate to still be saying to yourself this time next year?



STAY A LITTLE LONGER

Instead of a long list of goals, name one direction for the year, the single thing with the most reach into everything else.

DEEPER PRACTICE

The Year with the Most Reach

Name your direction for the year. Then choose one thing that needs to become normal, one thing that needs to stop taking so much from you and one thing you are willing to begin before you feel completely ready.

The Year with the Most Reach — What needs to become normal

The Year with the Most Reach — What needs to stop taking so much

The Year with the Most Reach — What I am willing to begin



BORROW FROM HER NOW

What would the woman one year ahead ask you to begin this month?

FUTURE EVIDENCE

What will you review each month to know whether the direction is becoming visible?



Becoming the Woman Ahead of You



There is no final, flawless version of you. Becoming happens through ordinary choices repeated for long enough that one day you recognise her way of living from the inside.

Grab your journal and answer these questions.

What have you stopped performing or needing to prove compared with a year ago?

Where in your life is a bad day still being read as a bad life?



STAY A LITTLE LONGER

What is one piece of evidence, however small, that you are already becoming her?

DEEPER PRACTICE

What Has Already Changed

Look backwards before looking forwards. List five ways you already think, choose or recover differently from an earlier version of yourself. Let this be evidence that becoming can happen without a dramatic announcement.

What Has Already Changed — 1

What Has Already Changed — 2

What Has Already Changed — 3



What Has Already Changed – 4

What Has Already Changed – 5

BORROW FROM HER NOW

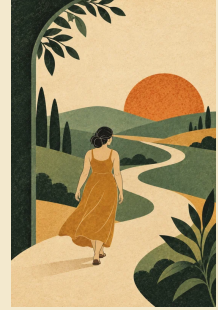
What is the next piece of her that you are ready to recognise in yourself?

FUTURE EVIDENCE

What ordinary choice will help you keep choosing her?



A Letter Back Through Time



Write from her perspective, not as a prediction but as another view of the life you are living now. Do not make her too wise. Let her remain recognisably you.

Grab your journal and answer these questions.

What does she remember about this exact stretch of your life?

What feels urgent now that barely matters to her later?

STAY A LITTLE LONGER

What is she grateful that you did next?

What does she still not know either?



DEEPER PRACTICE

The Letter

Begin with: Dear me, I remember exactly where you are... Let the letter wander. Allow her to be grateful, amused, honest, imperfect and still uncertain about some things. Give her enough room to tell you what she came back to say.

The Letter — Your reflection

BORROW FROM HER NOW

When you finish, underline the one sentence you most need today.

FUTURE EVIDENCE

What will you do next, knowing she will one day remember this choice?

