**Record of Your Future Self Meditation:**

1. What did your future-self look like? Hair, face, clothes, energy etc.?

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1. What about your home? What was that like and where was it?

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1. What did your future self say when you asked what you need to let go of?

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1. What did your future self say when you asked for their one piece of advice?

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1. What question of your own did you ask your future self, and what was the response?

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1. What did you see on the projector of your life as it unfolded over the next 5 years? What were the big things? The new habits? The small things? Who else did you see – what other people?

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