

## Current and future me

*Use this resource to identify how you currently see yourself, and then to identify how you would like to see yourself in the future.*

### Current you

Think about the 'current you' and all of the mental and physical qualities and features (both good and not so good) that contribute to your current make up. Use the prompt questions if you need help getting started. Once you have done this identify and record (in the body outline) the top ten most relevant qualities and features that sum up you right now. Do this by referring to the prompt words (included in the 'current me' worksheet below) or write your own words or descriptions.

Once you've done this do the following two things:

1. Describe the current you in one or two sentences
2. Rate how happy you are with the current you on a scale of 0 - 10? (0 = totally miserable and 10 = extremely happy and fulfilled)

### Future you

Think about the person you want to be in the future including all of the qualities and features you would like to possess. Really visualise this and be as specific as you can. Use the prompt questions if you need help getting started. Once you have done this identify and record (in the body outline) the top 10 most relevant qualities and features that sum up the ideal future you. Do this by referring to the prompt words (included in the 'future me' worksheet below) or write your own words or descriptions.

Once you've done this do the following two things:

1. Describe the future you in one or two sentences
2. Rate (on a scale of 0 - 10) how happy you would be with life if you were able to transform into the future you? (0 = totally miserable and 10 = extremely happy and fulfilled)

### The 'Current me'

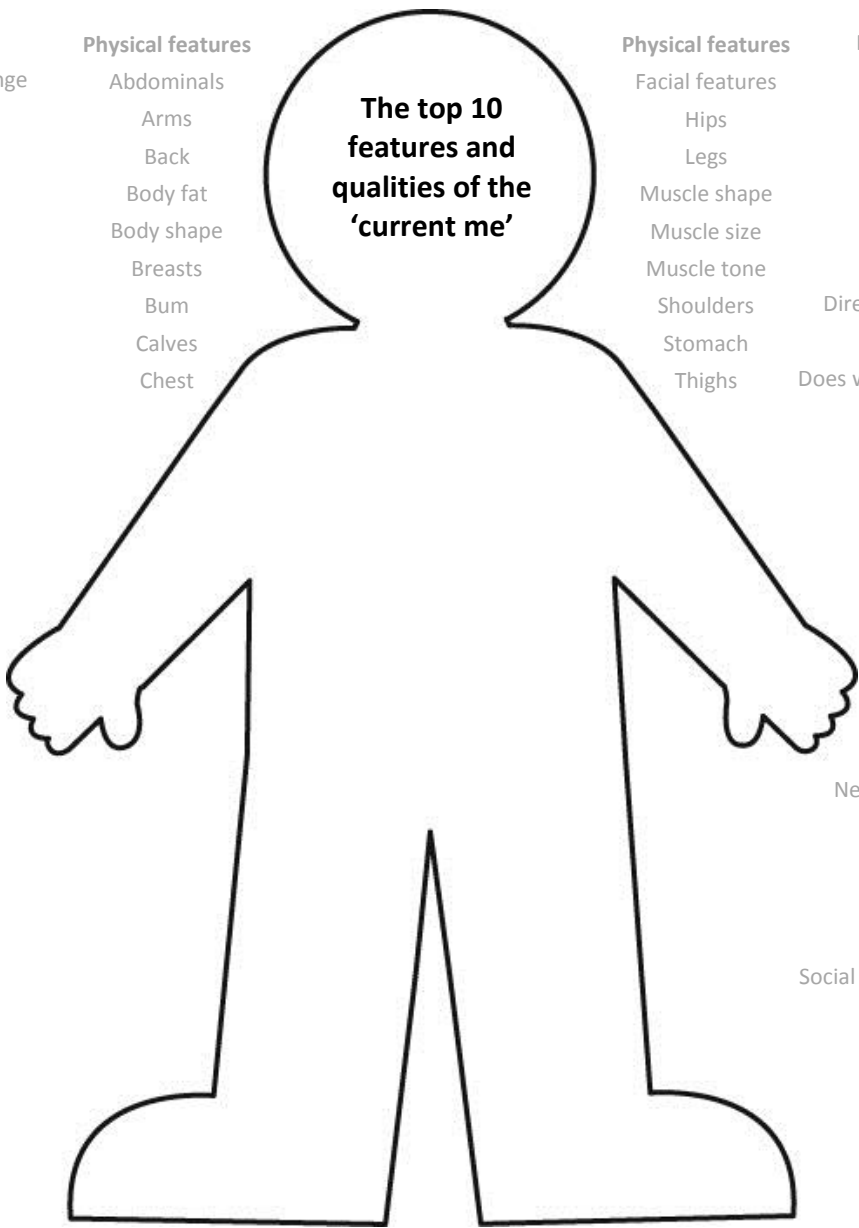
Think about the 'current you' and all of the mental and physical qualities and features (both good and not so good) that contribute to your current make up.

If you need help getting started consider the following questions:

- *What are the things I like/dislike about my life?*
- *What are the physical qualities/features that I like/dislike about myself?*
- *What are the mental qualities/features that I like/dislike about myself?*

| Positive qualities  |
|---------------------|
| Accepting of change |
| Adaptable           |
| Assertive           |
| Balanced            |
| Capable             |
| Confident           |
| Consistent          |
| Decisive            |
| Dedicated           |
| Determined          |
| Disciplined         |
| Efficient           |
| Enthusiastic        |
| Flexible            |
| Focused             |
| Hardworking         |
| Honest              |
| Logical             |
| Methodical          |
| Motivated           |
| Open-minded         |
| Organised           |
| Passionate          |
| Persistent          |
| Positive            |
| Practical           |
| Realistic           |
| Resourceful         |
| Self-confident      |
| Self-directed       |
| Self-reliant        |
| Strong-willed       |

| Physical features |
|-------------------|
| Abdominals        |
| Arms              |
| Back              |
| Body fat          |
| Body shape        |
| Breasts           |
| Bum               |
| Calves            |
| Chest             |



**The top 10 features and qualities of the 'current me'**

| Physical features |
|-------------------|
| Facial features   |
| Hips              |
| Legs              |
| Muscle shape      |
| Muscle size       |
| Muscle tone       |
| Shoulders         |
| Stomach           |
| Thighs            |

| Negative qualities       |
|--------------------------|
| Apathetic                |
| Arrogant                 |
| Biased                   |
| Blames others            |
| Complacent               |
| Cynical                  |
| Directed by externals    |
| Disorganized             |
| Does what is convenient  |
| Egocentric               |
| Envious/Jealous          |
| Fearful                  |
| Gives up easily          |
| Impatient                |
| Indecisive               |
| Inflexible               |
| Insecure                 |
| Lazy                     |
| Narrow-minded            |
| Negative/Pessimistic     |
| Rejects change           |
| Relents easily           |
| Resentful                |
| Small-minded             |
| Social approval required |
| Stubborn                 |
| Uncommitted              |
| Undisciplined            |
| Unenthusiastic           |
| Unfocused                |
| Unmotivated              |
| Unrealistic              |

**How would you describe the current you in one or two sentences?**

**On a scale of 0-10 how happy are you with the 'current you'? \_\_\_\_\_/10**

### The 'Future me'

Think about the person you want to be in the future including all of the qualities and features you would like to possess.

If you need help getting started consider the following questions:

- *What things about my life would I change if I could?*
- *What are the physical qualities/features that I would like to possess?*
- *What are the mental qualities/features that I would like to possess?*

**Positive qualities**

Accepting of change  
Adaptable  
Assertive  
Balanced  
Capable  
Confident  
Consistent  
Decisive  
Dedicated  
Determined  
Disciplined  
Efficient  
Enthusiastic  
Flexible  
Focused  
Hardworking  
Honest  
Logical  
Methodical  
Motivated  
Open-minded  
Organised  
Passionate  
Persistent  
Positive  
Practical  
Realistic  
Resourceful  
Self-confident  
Self-directed  
Self-reliant  
Strong-willed

**Physical features**

Abdominals  
Arms  
Back  
Body fat  
Body shape  
Breasts  
Bum  
Calves  
Chest

**The top 10 features and qualities of the 'future me'**

**Physical features**

Facial features  
Hips  
Legs  
Muscle shape  
Muscle size  
Muscle tone  
Shoulders  
Stomach  
Thighs

**Negative qualities**

Apathetic  
Arrogant  
Biased  
Blames others  
Complacent  
Cynical  
Directed by externals  
Disorganized  
Does what is convenient  
Egocentric  
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Lazy  
Narrow-minded  
Negative/Pessimistic  
Rejects change  
Relents easily  
Resentful  
Small-minded  
Social approval required  
Stubborn  
Uncommitted  
Undisciplined  
Unenthusiastic  
Unfocused  
Unmotivated  
Unrealistic

**How would you describe the ideal future you in one or two sentences?**

**On a scale of 0-10 how happy would you be with life if you were able to transform into the future you?**

\_\_\_ /10