



JOANNA TABAKU

Designing Your Future Self *Workbook*





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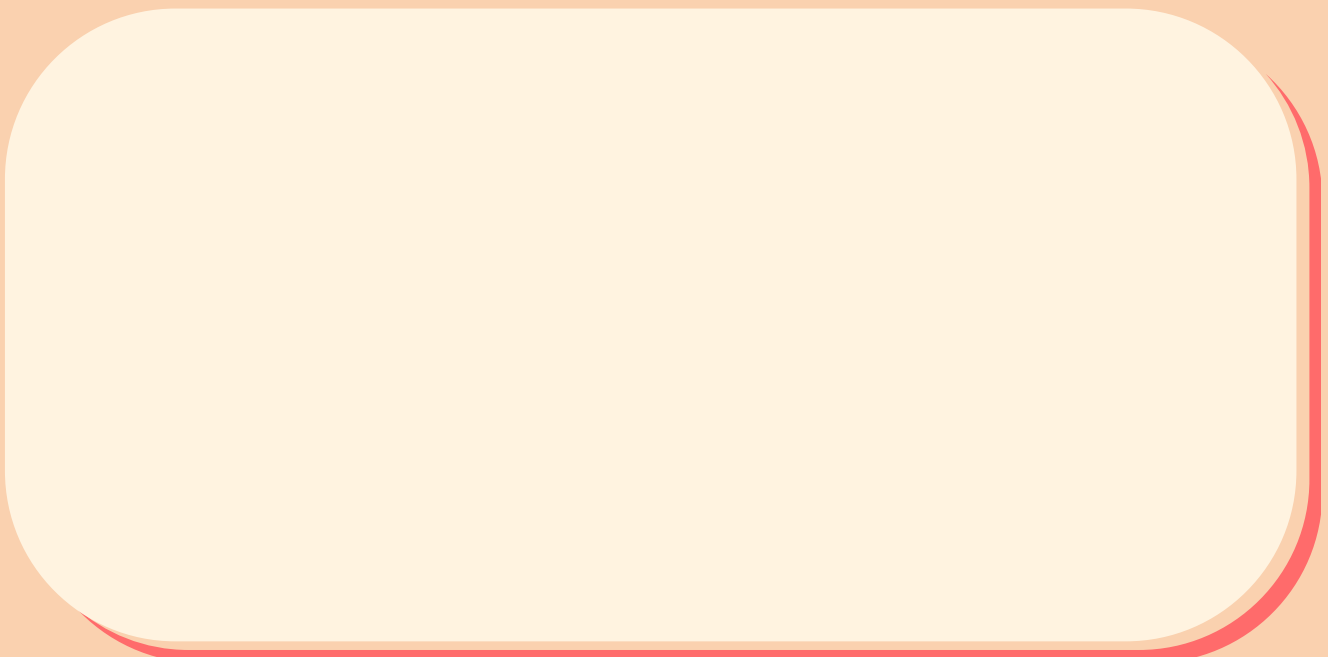
This workbook is designed to help you envision and design the future version of yourself that aligns with the vision you have for your family and your children. Reflect on these questions to shape the parent and person you aspire to become.

Designing Your Future Self Workbook

1. How does my future self build and maintain a strong, loving relationship with my children as they grow into adulthood?



2. How does my future self respond to challenges and setbacks in a way that models resilience and growth for my children?

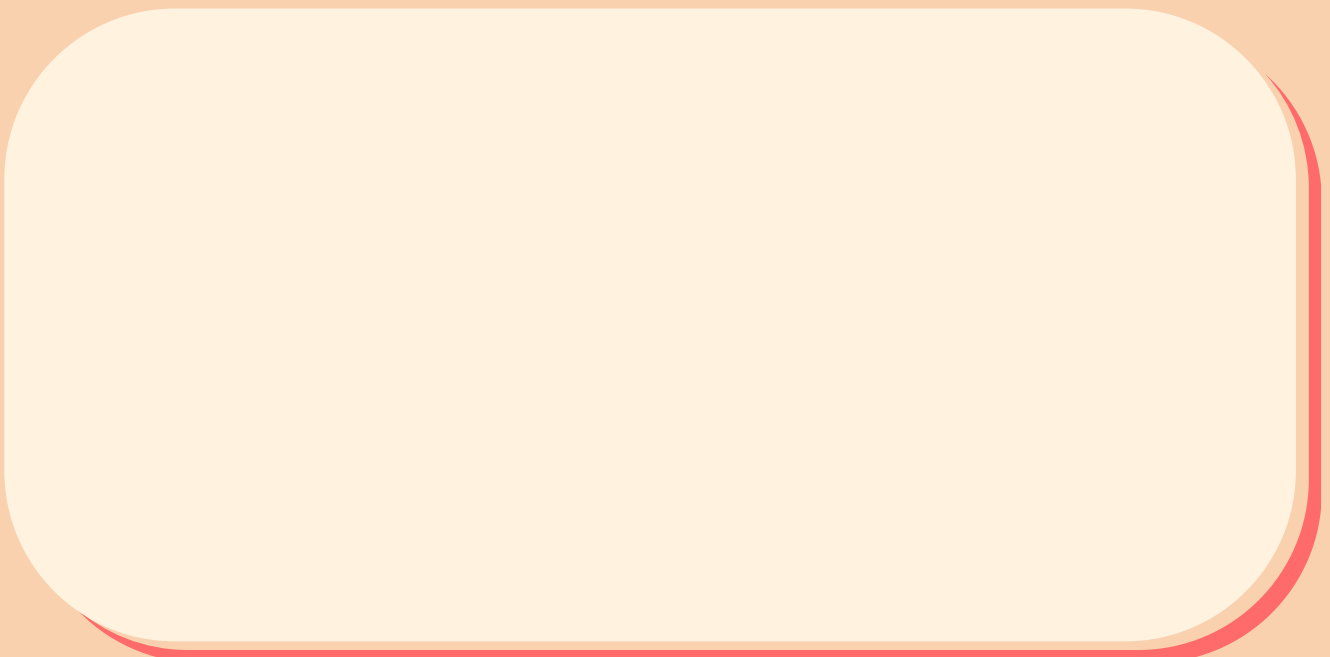


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3. What are the values of my future self, and how do these values influence my daily decisions and interactions?



4. How does my future self consistently embody the core values that are important to me as a parent?

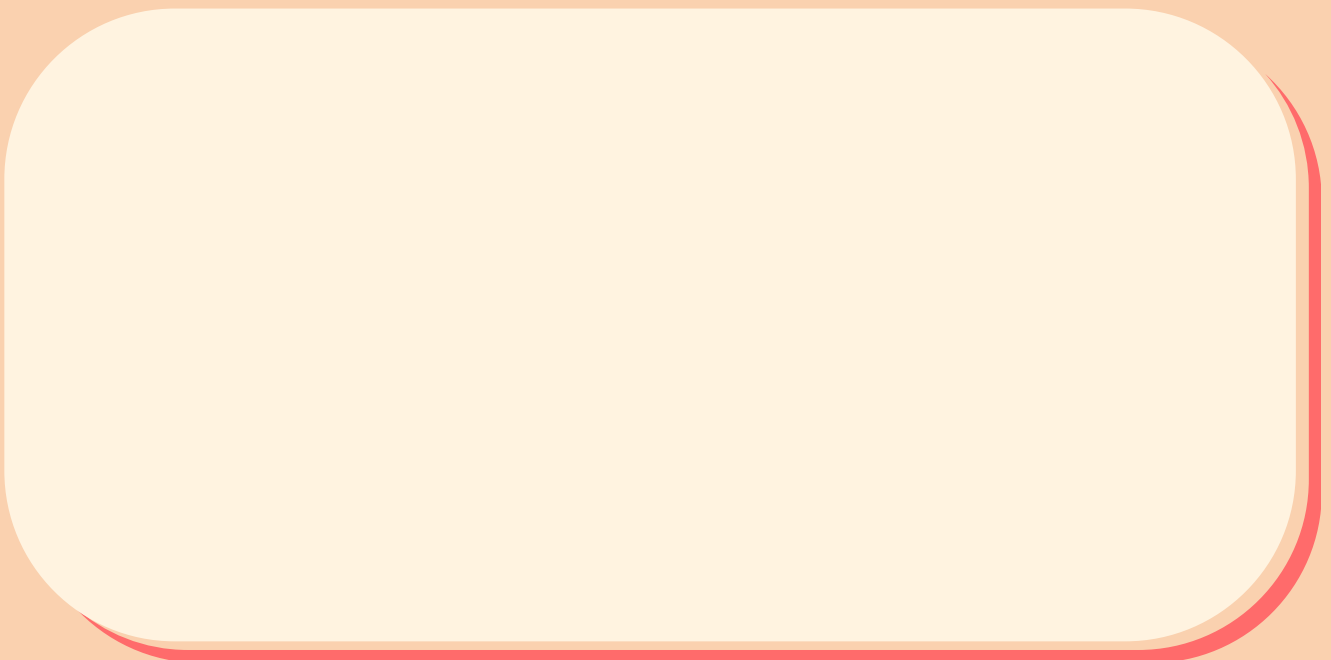


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5. How does my future self create positive and lasting memories for my children that they will cherish?



6. How does my future self balance being a supportive guide while allowing my children the freedom to explore and grow independently?

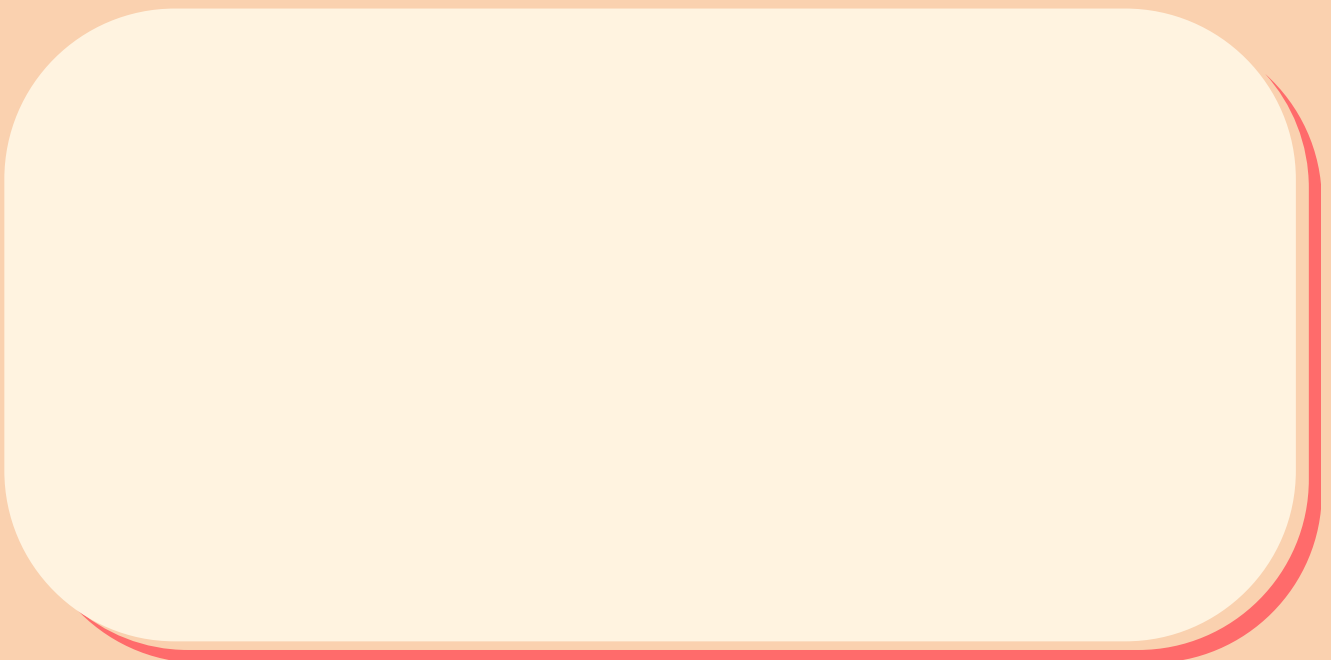


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7. How does my future self reinforce or change beliefs to align with the vision I have for my family's future?



8. How does my future self prioritize personal growth and self-care to ensure I can be the best parent possible?

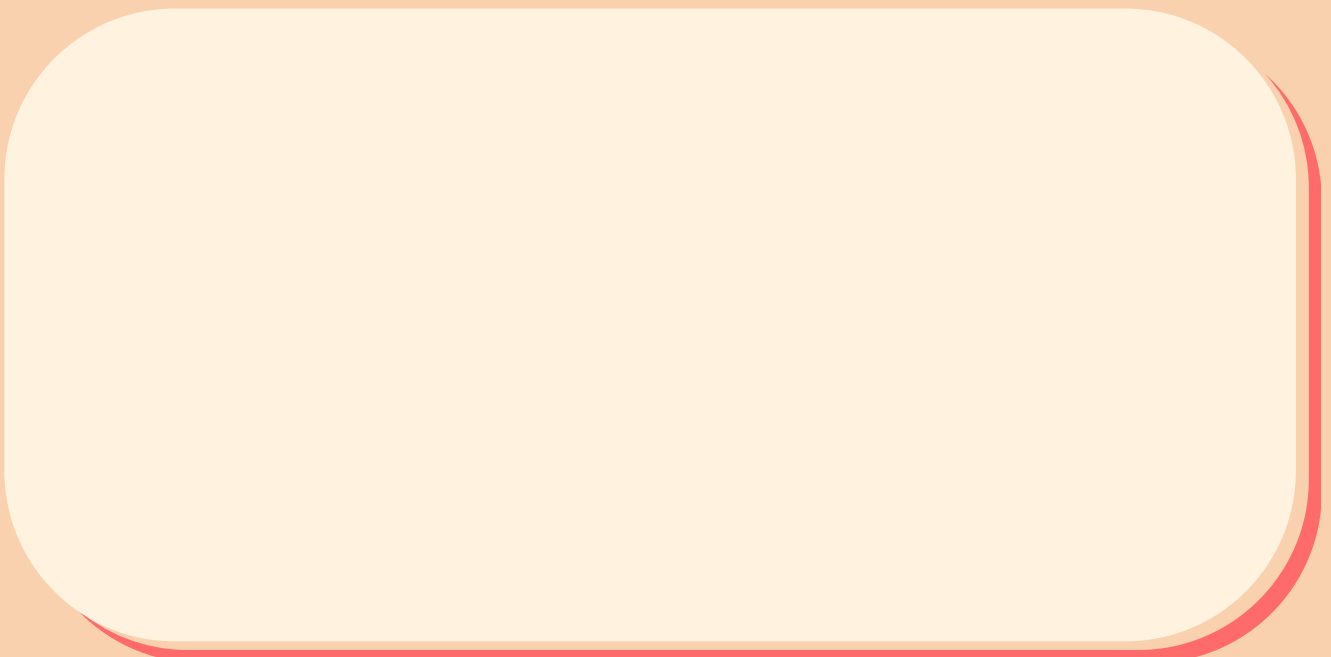


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9. How does my future self handle stress and unexpected situations with calm and constructive problem-solving?



10. How does my future self create a legacy that reflects the values and life lessons I want to pass on to my children?

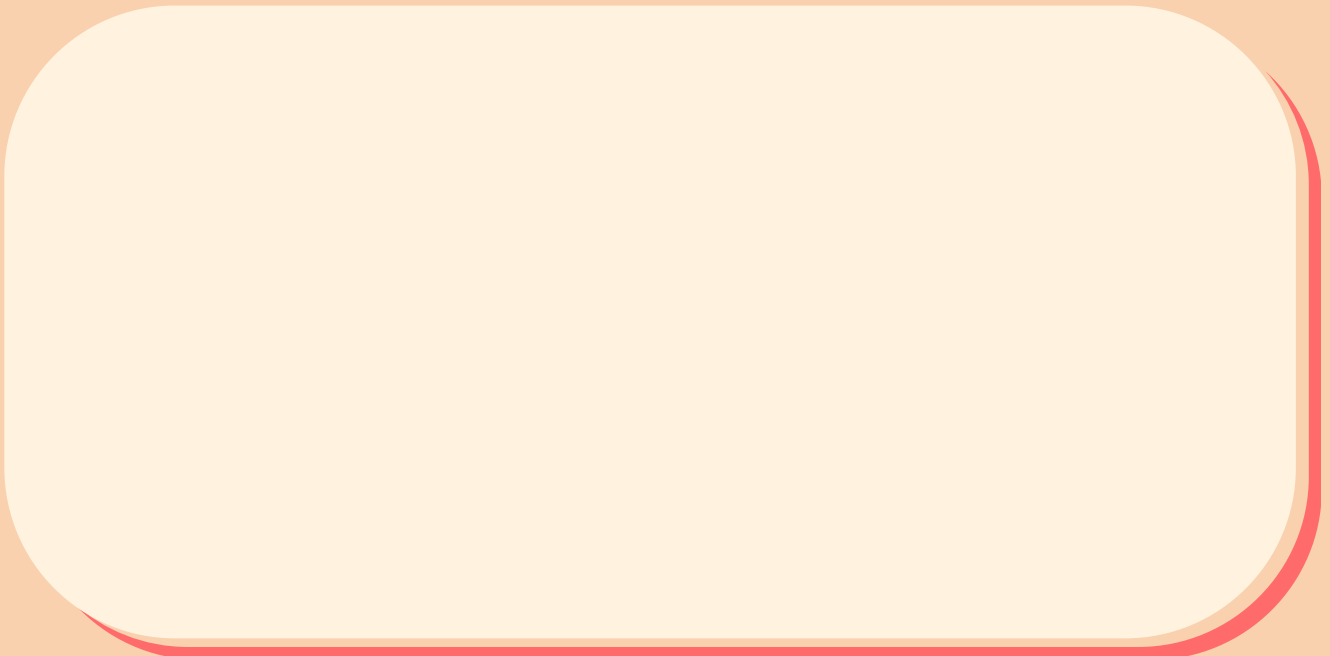


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11. How does my future self lead by example in every area of life that is important to me and my family's vision?



Identify the Gaps: After reflecting on these questions, take a moment to identify the gaps between your future self and your current self. What specific areas need growth or change to align more closely with your vision?



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Who Can Help You Bridge the Gap? Consider who in your life, or what resources, can help you bridge the gap between where you are now and where you want to be. This could include mentors, friends, family members, coaches, or books and courses that resonate with your journey.

Conclusion: By reflecting on these questions and identifying the gaps, you can develop a clear action plan to become the parent and person you aspire to be. Use this workbook as a guide to help you stay focused on your journey towards the future you desire for yourself and your family.