

PODCAST STUDY GUIDE

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*Future you*

EPISODE 2

- Imagine Future You (be realistic:)...
- What are her new habits?
- What does she eat?
- Does she get up early?
- How does she handle holidays?
- What does she do to reward herself?
- What does she think about your current favorite foods?
- What does she think about herself?
- What is she working toward?
- Weight loss is no longer her goal, so what is?
- What does she say yes to?
- What does she say no to?.
- What's different about her?
- What's the same about you and your life in the future?
- What parts of your current identity are you taking with you?
- What are you leaving behind?
- What about your "Near-Future You's..."
- What is tonight's future you like?
- What about tomorrow's?
- Or next week's?
- Or Next month's?

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*Natalie Brown*

IT BEGINS WITH A THOUGHT COACHING