'Your Future Self Would Like a Word' Companion Guide (Ep. 5)

Your homework for closing the gap between who you are and who you're becoming.

PART 1: YOUR REFLECTION QUESTIONS

1. What quality of life do you genuinely want in the next 5-10 years?
2. If you change nothing today - not one habit - will you actually have that life?
3. Where are you right now, honestly? (health, finances, career, relationships)
4. What habits are you practicing daily? Do they build the life you say you want?
5. How would you feel 10 years from now if you had the chance to change but didn't?
6. What is the ONE thing you've been avoiding that you know would shift everything?

JOURNALING PROMPT: "Dear Future Me, here is what I promise to stop lying to myself about..." (*Write without judgment. Be honest. Your future self is reading this.)*

PART 2: THE ALIGNMENT CHECK

Rate yourself honestly (1= not at all aligned, 5 = fully aligned):

[Category]	[Your Rating]
Health & Body	[___/5] ☆☆☆☆☆
Career & Purpose	[___/5] ☆☆☆☆☆
Finances	[___/5] ☆☆☆☆☆
Relationships	[___/5] ☆☆☆☆☆
Personal Growth	[___/5] ☆☆☆☆☆

"Your future self is already living with the choices you're making right now."

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PART 3: YOUR AI PROMPTS

Copy and paste these prompts into the AI tool of your choice to go deeper on your reflection answers.

Prompt A: Close the Gap "I want to live a life where [your vision]. Right now my actual habits around [area] include [be honest]. What is the gap, and what are 3 specific steps I can start this week to begin closing it?"

Prompt B: Future Self Conversation "Act as the version of me who has already achieved [goal], speaking from [X] years in the future. What did I have to let go of, what habit made the biggest difference, and what would you tell me right now so I don't give up?"

Prompt C: Accountability Check-In "I said I wanted [goal]. It's now [time period] later and here's what I've actually done: [be honest]. Don't let me off the hook - tell me what I'm avoiding and give me one action to take in the next 24 hours.

PART 4: BUILD YOUR FUTURE SELF GPT

Create a custom AI that IS your future self. Check in daily. (Requires ChatGPT Pro)

1. Go to ChatGPT.com → GPTs → Explore GPTs → Create → Configure
2. Name your GPT (e.g. "Future [Your Name] GPT") and add a short description
3. Paste the full prompt template from the Substack article linked below
4. Add your goal, timeline, past wins, challenges & quarterly benchmarks
5. Set conversation starters: "Am I on track?" / "What should I do today?"

FULL TUTORIAL + PROMPT TEMPLATE

theblackfemaleengineer.substack.com/p/dont-create-a-vision-board-create

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