

Future-Self Mapping™

**Connect with the person you are
becoming.**

A workbook for clarity, identity, and conscious choices.

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1. INTRODUCTION

What is Future-Self Mapping™?

Future-Self Mapping™ is a method based on MIT and UCLA extensive research on future self continuity – the concept that having a clear and tangible picture of who you are becoming increases motivation, improves decision-making, and strengthens your internal alignment.

This process helps you connect with the version of yourself 1-3 years from now – and bring that perspective into the decisions you make today.

How to use this workbook

- a structured support tool in your coaching process
- a personal space for honest reflection
- a way to turn vague desires into a clear identity
- a map for the decisions you will make over the next period

2. WHERE I AM TODAY – PRESENT SELF SCAN

My current roles (Reflect on how you see yourself in the roles that apply)

As a professional:

As a parent:

As a partner:

As a daughter:

In my relationship with myself:

Roles where I feel like myself

Roles where I feel I am putting in too much effort

My dominant emotions these days (How do you feel most of the time in your day-to-day life?)

- ---
- ---
- ---

3 patterns that no longer serve me (Behaviours you repeat and know you need to change)

1. _____
2. _____
3. _____

A single sentence that describes me today

3. MY FUTURE SELF – *Future-Self Snapshot*

How does the aligned, clear, self-respecting version of me look and live?

Chosen time horizon: 1 / 2 / 3 years (Circle or mark your choice)

A. How I think then

- What do I believe about myself?
- About work?
- About relationships?
- About boundaries, change, and failure?

Write freely:

B. How I manage my emotions

- How do I respond to fear?
- To shame or guilt?
- To rejection?
- To conflict?

Write freely:

C. How I act in daily life

- What habits do I have?
- What do I stop doing entirely?
- What do I intentionally choose, again and again?

Write freely:

D. How I show up in my important relationships

As a professional:

As a partner:

In relationship with myself:

My Future-Self Story

Write 4–8 lines as if you were your future self looking back. Imagine meeting yourself 1–3 years from now and describing your life.

Write freely:

4. THE BRIDGES – Concrete steps from present to future.

Where vision becomes behaviour.

3 micro-behaviours Future Me practices regularly

(Examples: taking 2 minutes before responding to a tense email, asking for clarification, not reacting immediately)

-
1. _____
 2. _____
 3. _____

2-3 clear boundaries

(Examples: no answering messages after a certain hour, no meetings without agenda)

1. _____
2. _____
3. _____

2–3 repeated micro-choices

That you commit to regardless of your emotional state.

Example: When fear comes up → I choose curiosity instead of avoidance.

1. When _____ arises, I choose _____
2. When I feel _____ I choose _____
3. When I notice _____ I commit to _____

5. INTEGRATION – Living as Future Me

My anchor question – A question used daily or weekly to guide your actions.

“How would the version of me 1/2/3 years from now respond to this?”

Write the version that resonates most for you:

My identity statement – A grounding reminder of who I am becoming.

Examples:

I am somebody who no longer abandons themselves.

I am a professional who owns her decisions.

I am someone who lives with clarity, not fear.

Your statement:

Weekly Reflection – Checking integration for 5 weeks

1. This week I acted like Future Me when:

- _____
- _____
- _____

When did I NOT act like Future Me?

Why did it happen? What thoughts, emotions, beliefs, fears, or habits got in the way?

What I adjust for next week:

2. This week I acted like Future Me when:

- _____
- _____
- _____

When did I NOT act like Future Me?

Why did it happen? What thoughts, emotions, beliefs, fears, or habits got in the way?

What I adjust for next week:

3. This week I acted like Future Me when:

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- _____
- _____
- _____

When did I NOT act like Future Me?

Why did it happen? What thoughts, emotions, beliefs, fears, or habits got in the way?

What I adjust for next week:

4. This week I acted like Future Me when:

- _____
- _____
- _____

When did I NOT act like Future Me?

Why did it happen? What thoughts, emotions, beliefs, fears, or habits got in the way?

What I adjust for next week:

5. This week I acted like Future Me when:

- _____
- _____
- _____

When did I NOT act like Future Me?

Why did it happen? What thoughts, emotions, beliefs, fears, or habits got in the way?

What I adjust for next week:

SESSION NOTES / PERSONAL INSIGHTS
