

Unlock Your 5-Star Future
Presents



STOP SABOTAGING



Future You

with

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Stop Sabotaging Future You

1. Close your distractions.
2. Take Notes
3. Ask Questions.

You can post your query in the [Own Your Power Facebook group](#) or hit reply to any of the emails I send to you. I'll be happy to answer your questions!

Why am I here?

Write down what you intend to get out of class today.

Present Me + Future Me = ?

Where's the disconnect? Are you not paying attention to Future You? Are you sabotaging Future You on purpose?

The Truth about Future Me

1. Future Me is _____
 2. Future Me has _____
 3. Future Me has _____
-

How to Stop Sabotaging Future Me: Step 1.

Step 1. _____ how I'm sabotaging Future Me.

Write down everything you can think of or that rings true from the examples presented.

In what ways am I sabotaging Future Me's ENERGY?

In what ways am I sabotaging Future Me's TIME?

In what ways am I sabotaging Future Me's CREATIVITY & FOCUS?

In what ways am I sabotaging Future Me's MOTIVATION?

In what ways am I sabotaging Future Me's DREAMS?

What's the area that needs your attention first? This is likely the one with the most notes.

The area that needs my attention first is: _____

Step 2.

Step 2. Start doing _____ for Future Me.

What are some favors I can start doing for Future Me's ENERGY?

What are some favors I can start doing to give Future Me more TIME?

What are some favors I can start doing to improve Future Me's CREATIVITY & FOCUS?

What are some favors I can start doing to boost Future Me's MOTIVATION?

What are some favors I can start doing to help Future Me reach our DREAMS?

Step 3.

Step 3. _____ every day.

1. Purposefully _____.

2. _____ it.

How will you track your favors?

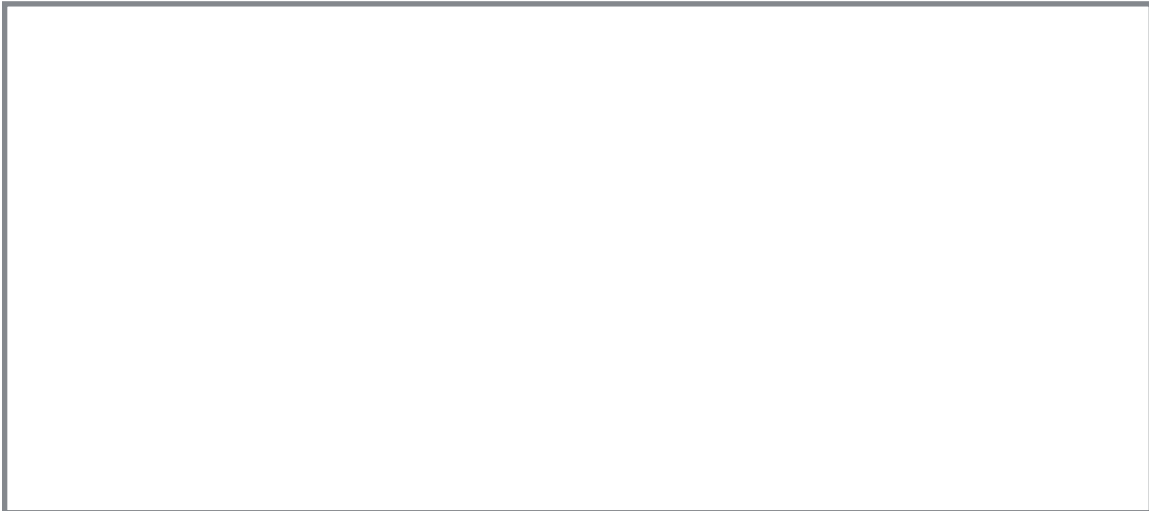
3. Give yourself _____.

How can you give yourself credit?

5-Star Future _____ (your name!) is the kind of person who does favors for me instead of sabotaging me.

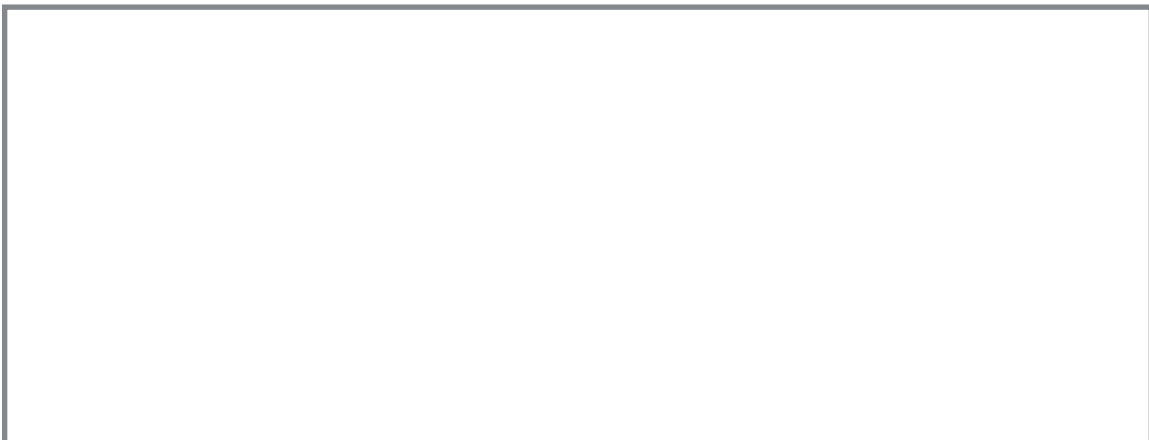
Seek Clarity: 5-Star Future Me is...

What do you want to be true for the ideal version of Future You? Are you less stressed? Do you have more time? Where do you live? What do you do for fun? Is someone specific in your life or not in your life? How much money do you have? How do you make a living?



My Potential Pitfalls

Areas you know you might struggle with as you work to do favors for and become 5-Star Future You.



I am 100% Committed To...

Fill in your first name in the blanks.

1. Identifying how I'm sabotaging Future _____.
2. Doing favors for Future _____.
3. Winning every day so I can become 5-Star Future _____.

Signed: Present _____

You can do this! Remember to start small and track what you're doing. As you get more comfortable doing favors, you'll naturally start doing more of them regularly. If you get overwhelmed, scale back to doing just ONE small favor every day until it's a non-negotiable habit in your life.

If you made it to the end of the video, don't forget to claim your FREE Planner Pages!

You've got this!

- Mel