



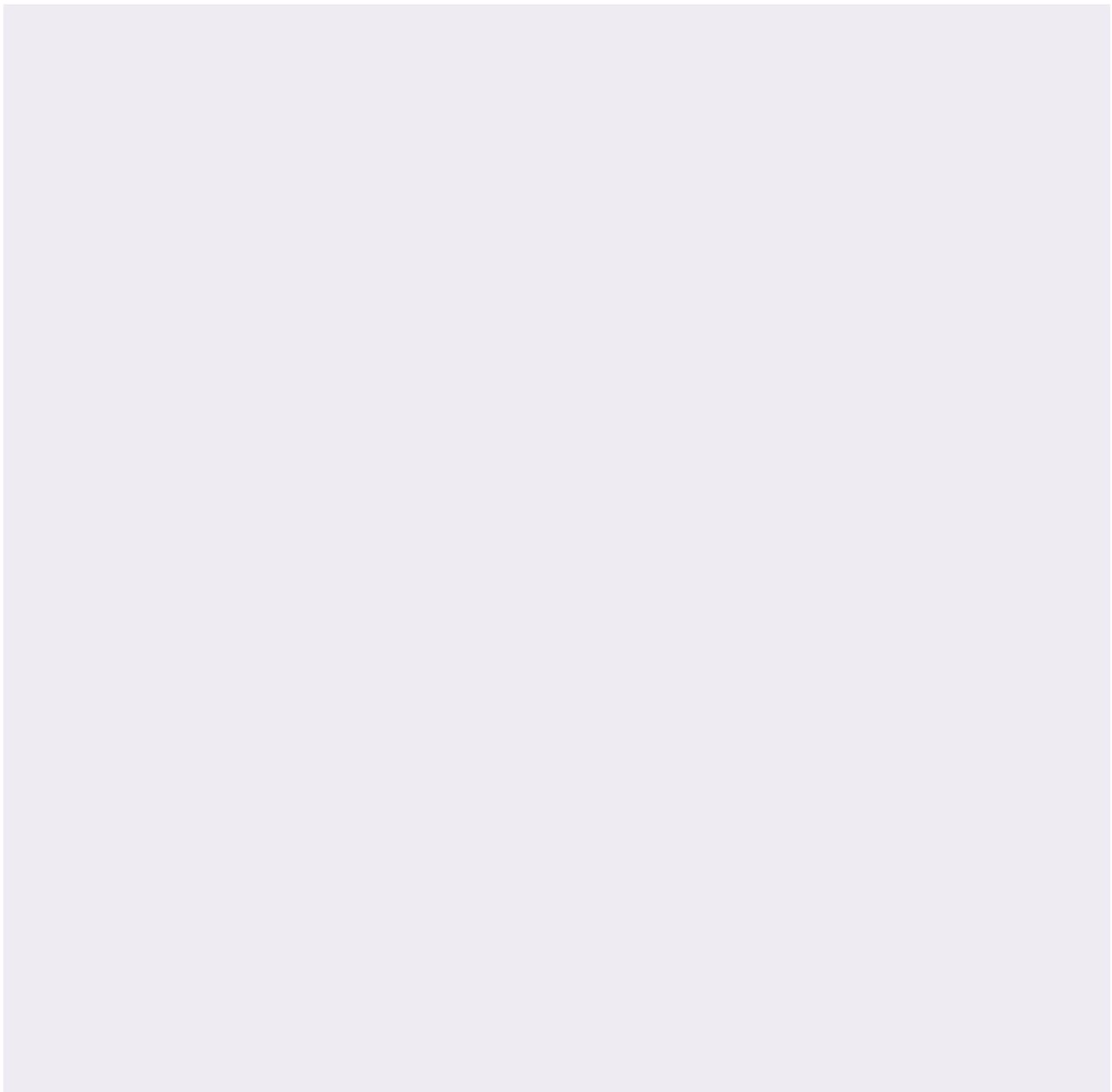
YOUR FEMINIST FUTURE SELF

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MASTER CERTIFIED COACH

PART 1: YOUR CURRENT SELF

1. Write down at least TWO big problems in your life you want to solve, or outcomes you want to create. (You'll pick two of these to work on later on.)

These may be two sides of the same coin (e.g., the problem I have is that I'm single. The outcome I want is that I'm partnered). Or you may be only aware of the problem (e.g., I'm single) or the outcome (e.g., I want to be partnered). You can also list outcomes you want that are not actively a problem right now. (I want to write and publish a novel, but it's not currently a painful problem that I haven't done it yet.) If you write down a problem, also write down what the positive resolution of the problem would look like.



PART 1: CONTINUED

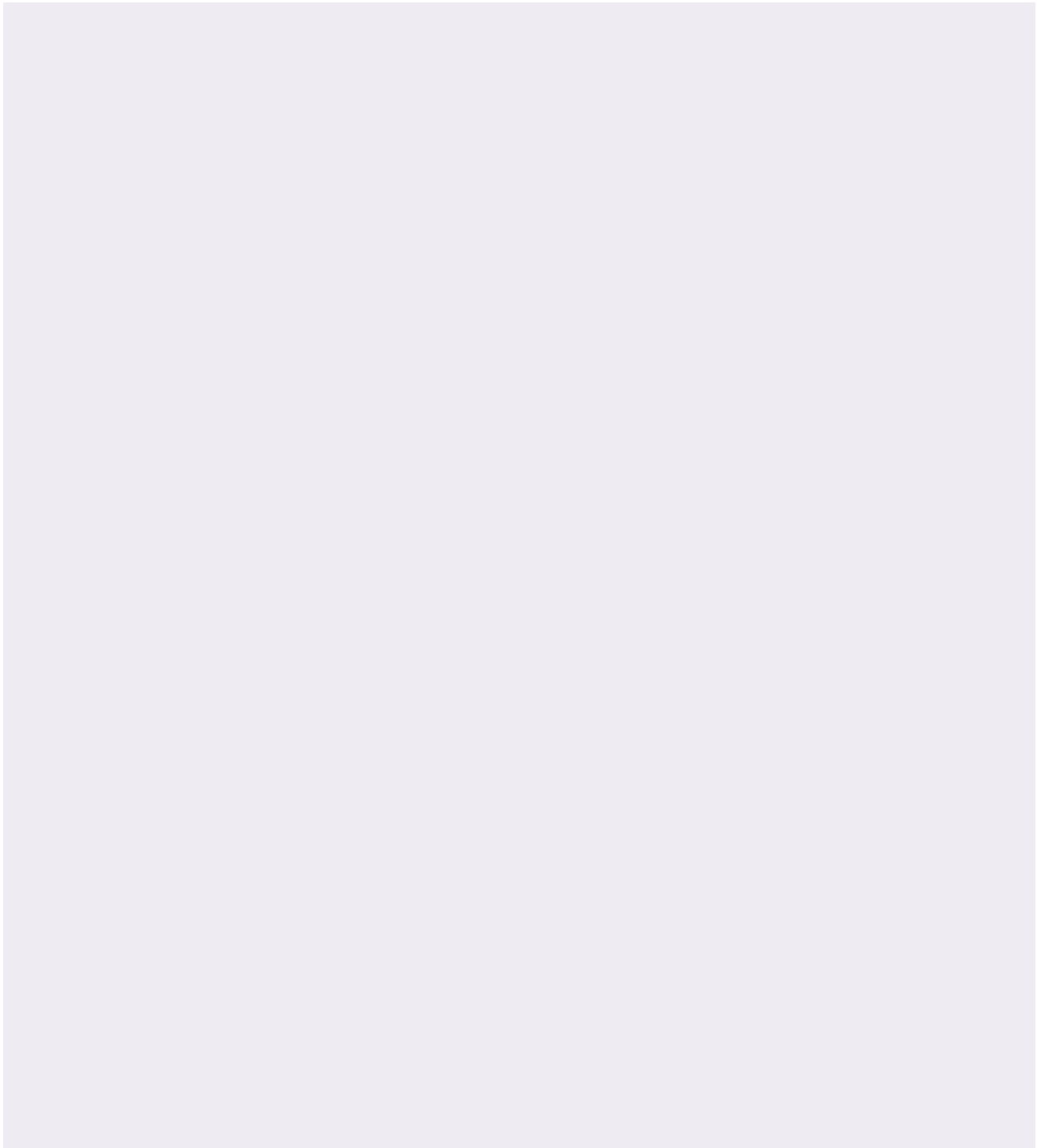
2. Brain-dump all your thoughts about the first problem/outcome. Don't edit or evaluate, just get it all down — positive, negative, or neutral.

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PART 1: CONTINUED

3. Looking at your thoughts for the first problem, answer the following questions:

- a. Where can I see the messages society gives women showing up in my thoughts?
- b. What is the impact on my life if I solve this problem?
- c. What is the impact on my life if I don't?



PART 1: CONTINUED

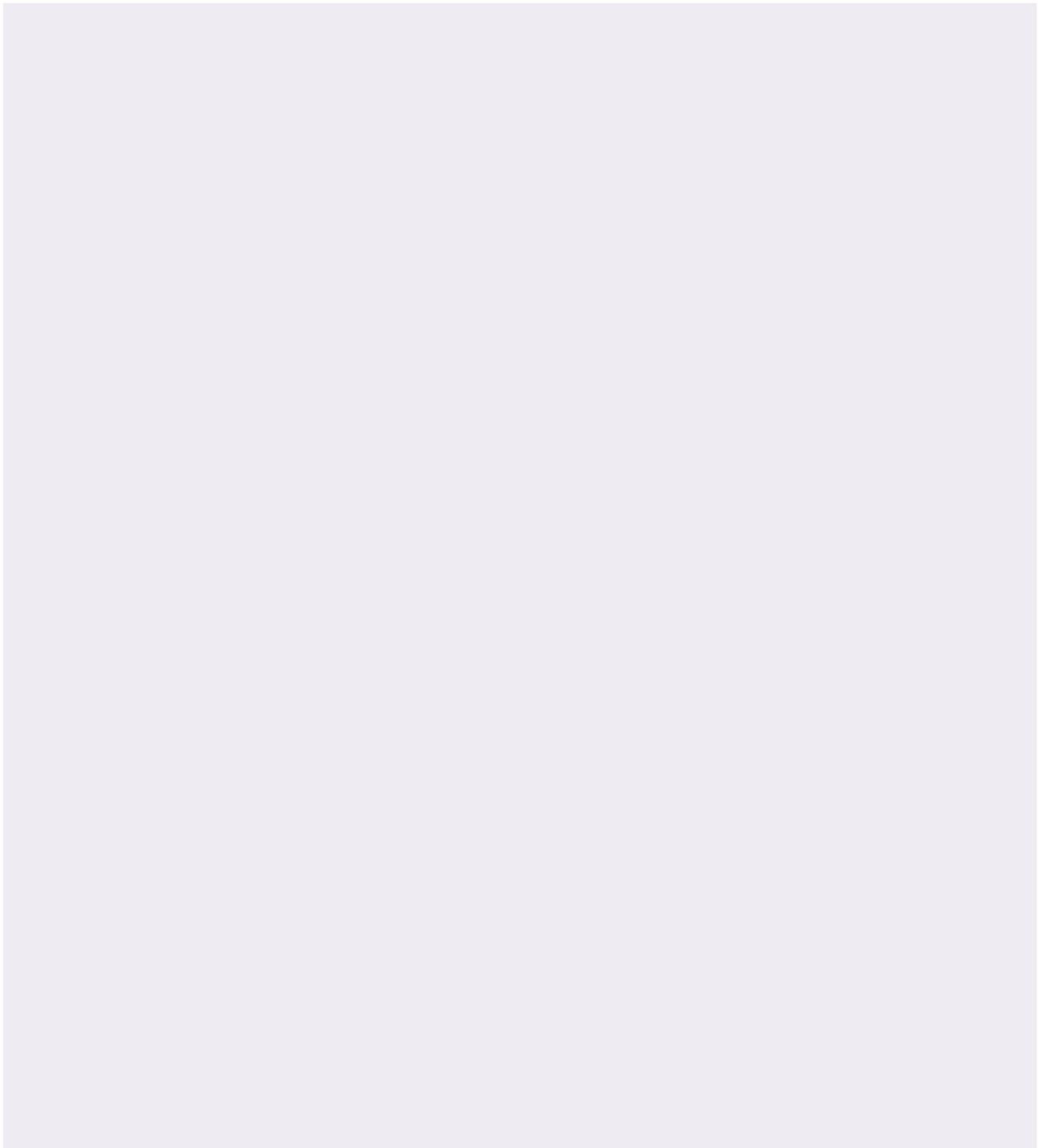
4. Brain-dump all your thoughts about the second problem/outcome. Don't edit or evaluate, just get it all down — positive, negative, or neutral.

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PART 1: CONTINUED

5. Looking at your thoughts for the second problem, answer the following questions:

- a. Where can I see the messages society gives women showing up in my thoughts?
- b. What is the impact on my life if I solve this problem?
- c. What is the impact on my life if I don't?



PART 1: CONTINUED

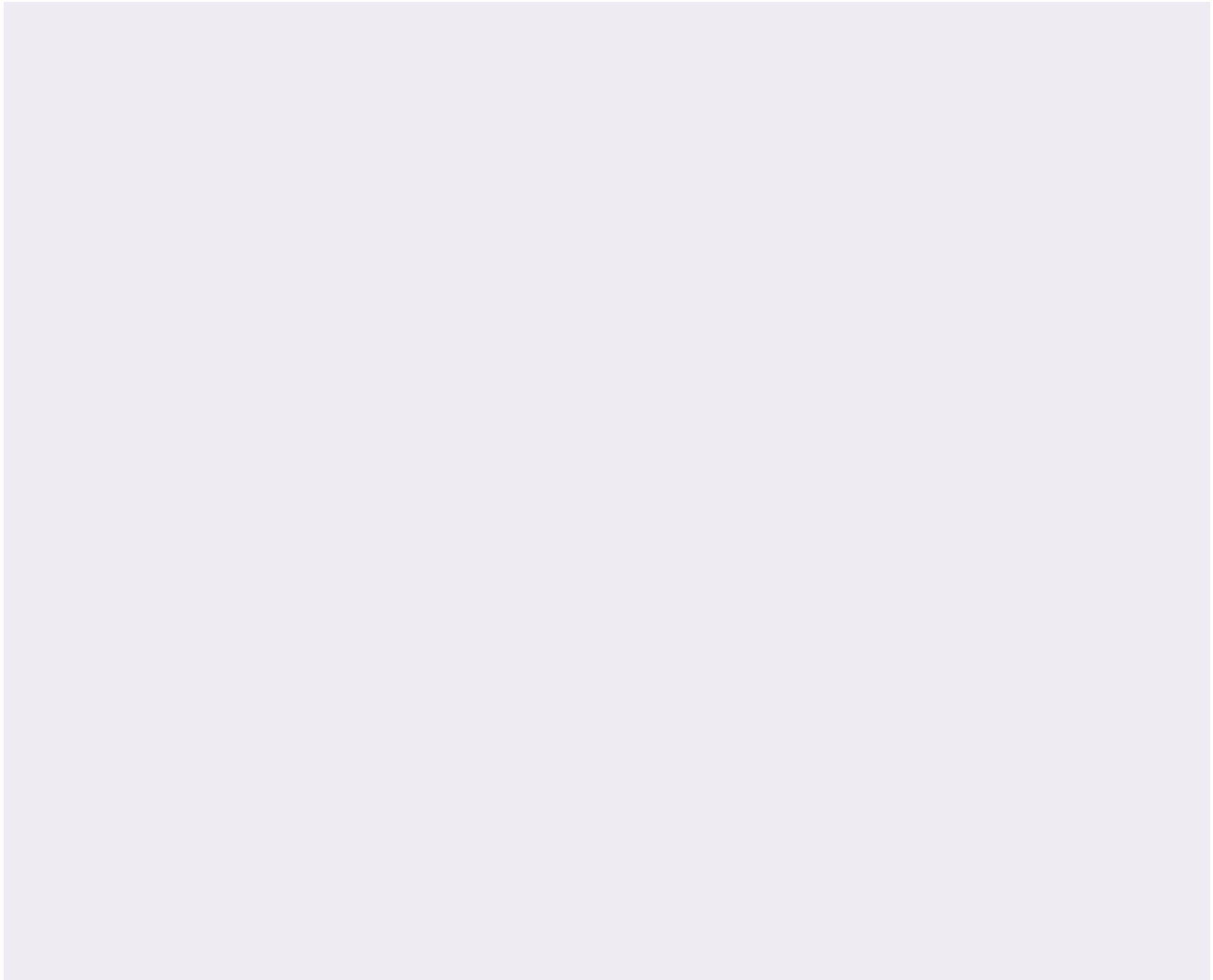
6. Rate the importance to you of the two problems or outcomes from 1 to 10, with 1 being least important and 10 being most important. Don't overthink, just go with your gut.

a. Problem/Outcome 1:

b. Problem/Outcome 2:

7. Choose the problem with a higher rating. If they are equal, pick either one.

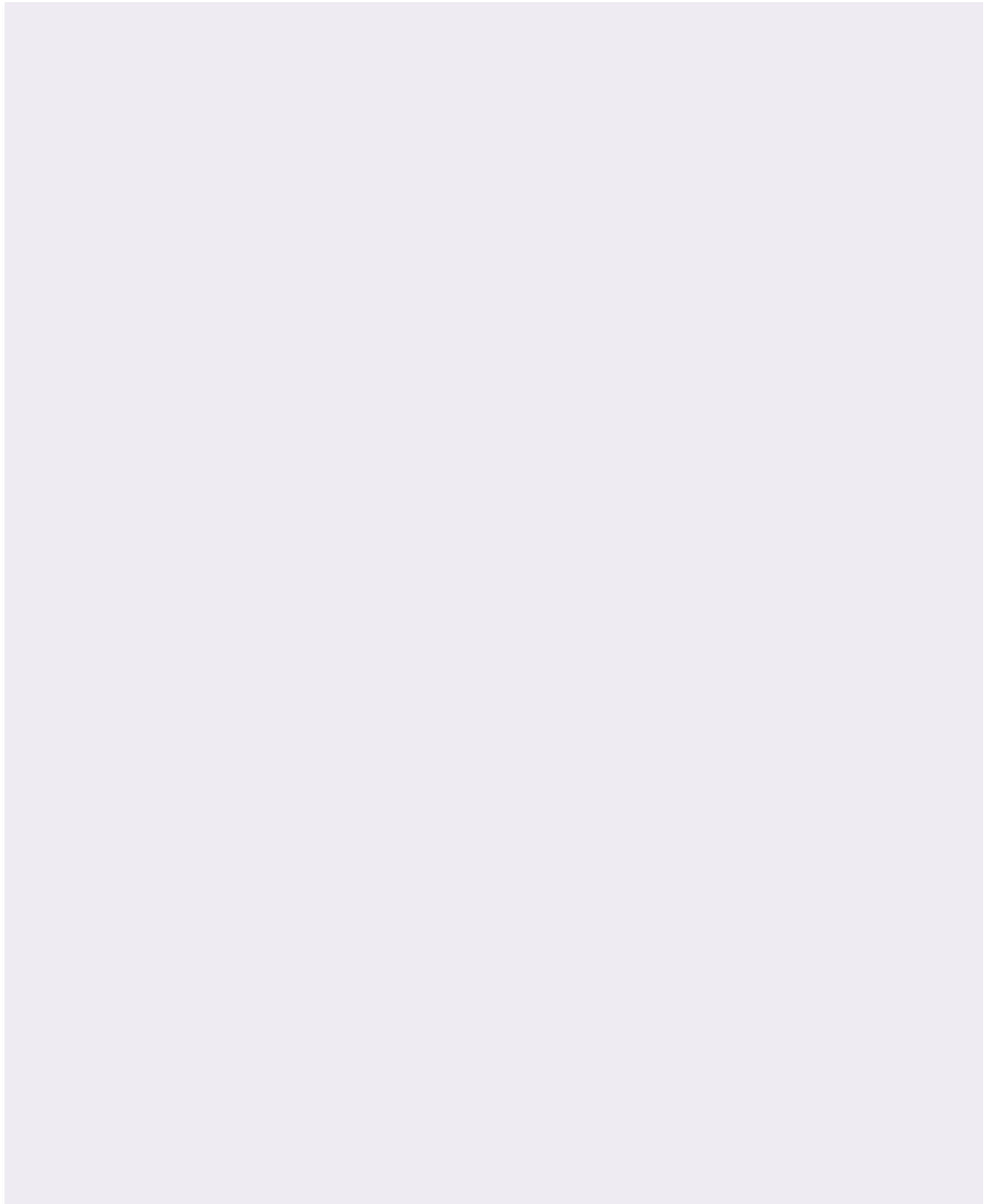
Time to cultivate a positive vision. Imagine you've solved this problem or created this outcome. What does that look like, in detail? What are the circumstances? How will you know it's solved? What is different about your life? How does it feel to imagine that scenario?



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PART 1: CONTINUED

7. Continued:



PART 2: YOUR FEMINIST FUTURE SELF

8. Imagine the version of you who has solved this problem or created this outcome. Close your eyes and really try to feel what that would be like.

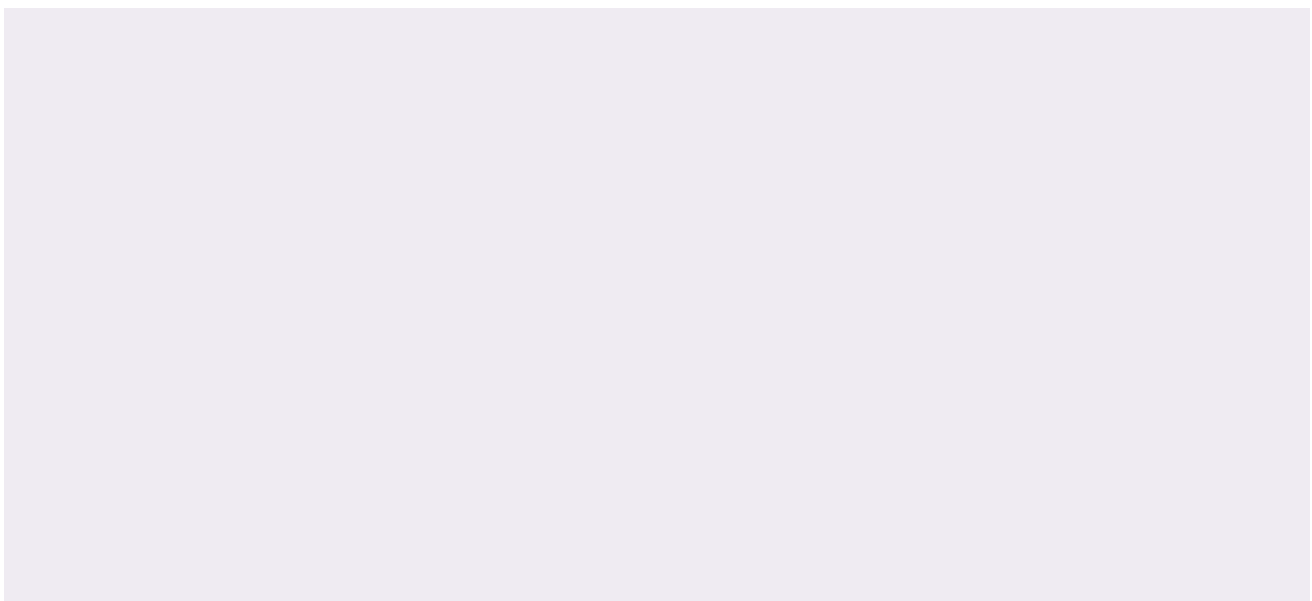
- a. What feelings come up?
- b. What does that version of you think about this outcome?

Don't just start with the thoughts you have now and try to edit them. Really try to imagine what a totally different person might think. This might hurt your brain. That's ok; that's proof you're learning to do something new.

Some prompts to consider:

- *What would someone who found it easy to create this outcome/solve this problem think?*
- *What would someone who found it hard to create this outcome/solve this problem but did it in the end think?*
- *What would someone who never even had to try to do this, for whom creating this outcome came naturally/easily or who never had this problem to begin with, think?*

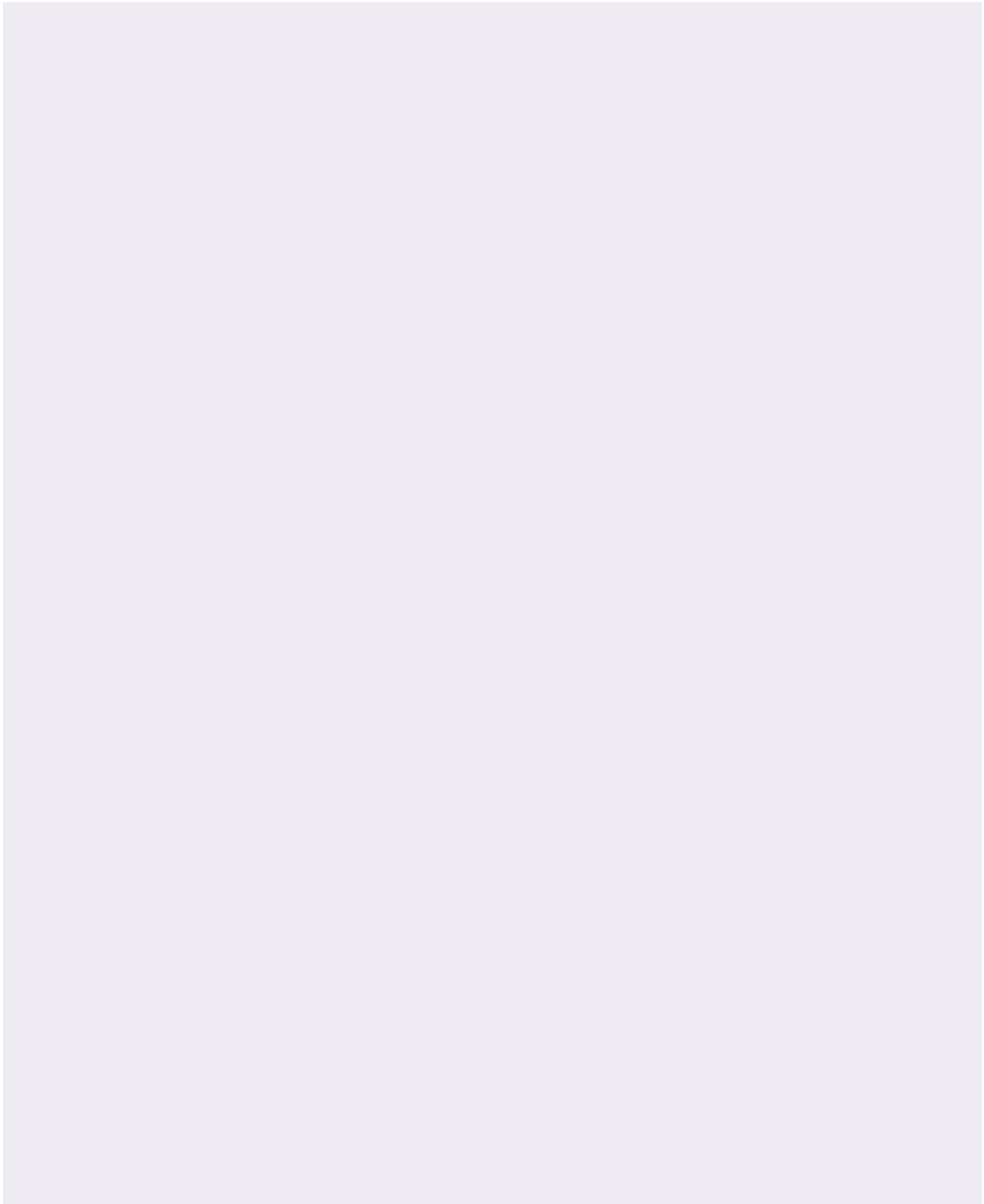
c. Is there any hidden socialization in these thoughts you need to eliminate? *E.g., if you want to get married and the thought you imagine someone married thinking is, "I'm finally good enough," — that's patriarchy in your brain, and it won't work well as a feminist future self thought because it's based on you being not good enough now.*



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PART 2: CONTINUED

8. Continued:

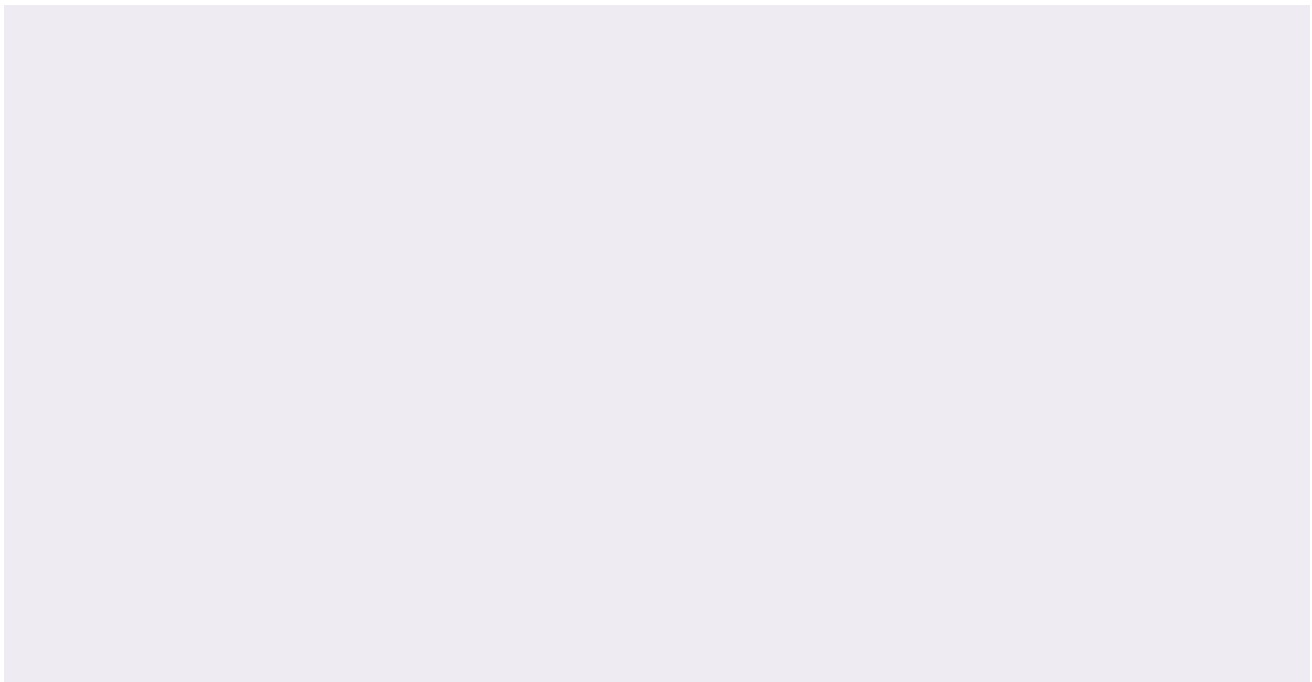


PART 2: CONTINUED

9. When you look at that future self, what kind of socialization is getting in the way? For instance, does anything seem inaccessible or hard to believe about those thoughts? Why? Or do any of those thoughts seem scary or dangerous to think? Why?

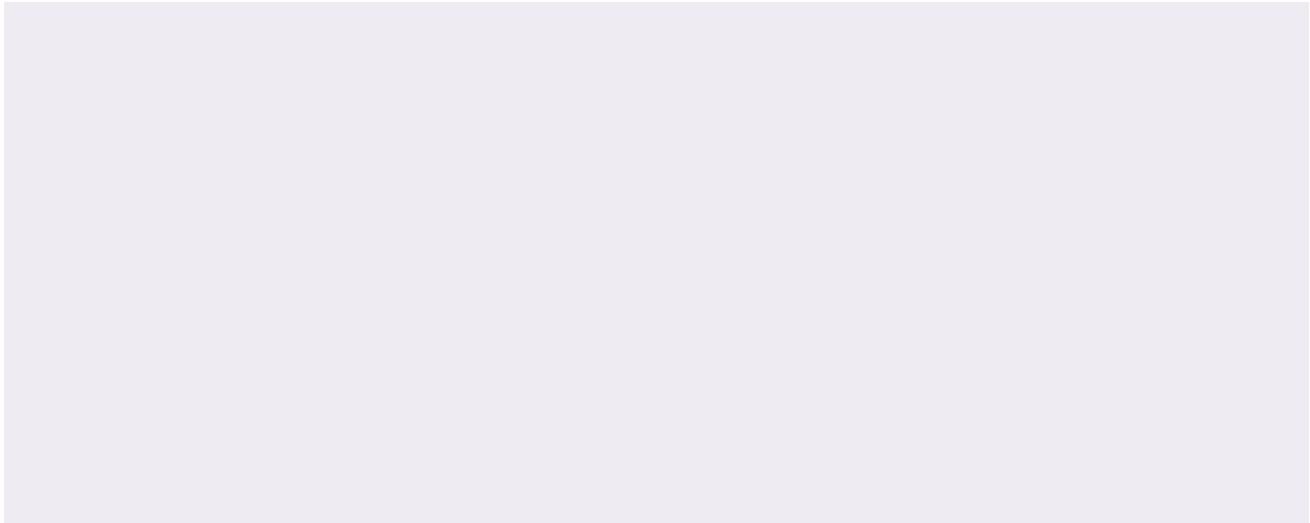


10. Is there a thought you wrote down in Question 8 you can practice thinking now? What challenges will come up if you practice this thought?

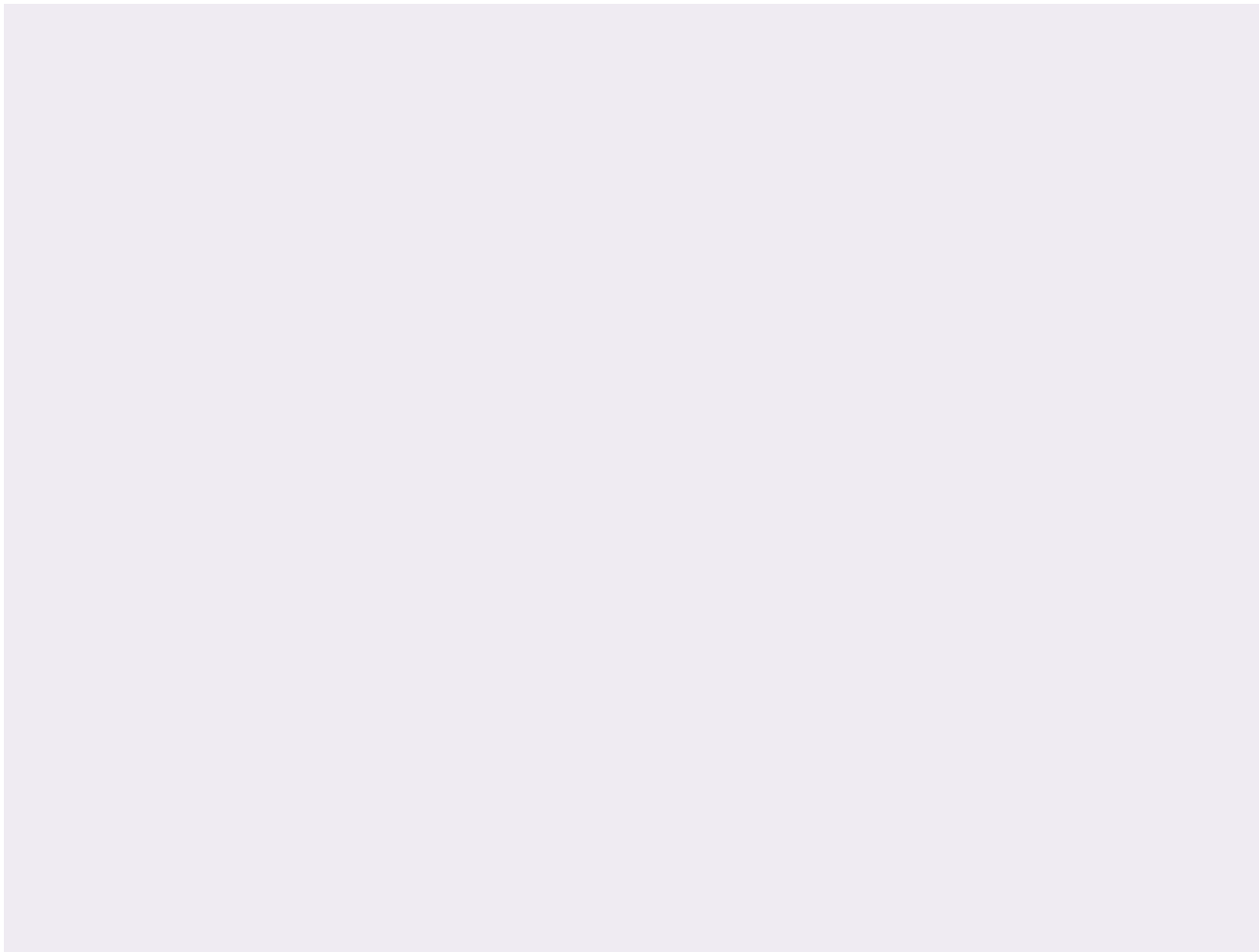


PART 2: CONTINUED

11. What do you want to believe about *yourself* as you do this work?



Notes:



Congratulations, you've completed the workshop! Here's what happens next ...

You've done it! You've dreamed bigger. You've thought deeper.

You've stretched your imagination, seen the possibilities, and started learning how to shed the patriarchal programming that is holding you back from becoming the best, most amazing, feminist version of yourself.

Now, I just have one request: Please don't let this momentum fade.

To truly seize this opportunity, you have to stick with this work.

Because the road to your fiercest feminist self is about so much more than just dreaming it up on paper. It's about learning to master, and implement, the thought work tools that will help you stay the course, and make that vision of yourself a reality. (Yep, even when naysayers, obstacles, and self-doubt try to get in your way.)

And there's no better — or faster — way to do that than with a thriving feminist community on the same path you are, a team of highly-trained, hands-on coaches, regular coaching and support with yours truly, a library of tools and resources, and so much more!

That's why I'm so excited to invite you to take the next step, and join me inside my coaching program and community, The Feminist Self-Help Society.

Inside The Society, you'll get the all-access pass to everything you need to reach your extraordinary goals sooner.

And the best news? We're doing something extra special for you.

Your first month in The Society is FREE when you click here and sign up before 11:59 p.m. ET on December 10!

<https://schoolofnewfeministthought.com/society-future/>
(Use code SOCIETY25 at checkout.)

And as even more reason to join right now?

When you join by December 16, you'll get access to my wildly popular tool, *The Navigating By Your Values* workbook, AND lock in the lowest rate The Society will ever be for as long as you're a member (before our prices go up in January!).

And remember ...

All changes literally start with the thoughts in your head — and joining The Society is the fastest, most affordable way to get the tools you need to continue on your journey to becoming your feminist future self.

When you join us in The Society, you'll open the giant, virtual, oak doors to a beautifully up-leveled classroom and (optional) Facebook community for you to learn, practice, and integrate these thought work tools in every area of your life.

I firmly believe every woman owes it to herself to unlock her full potential for joy, freedom, impact, pleasure, success, creativity and SO much more.

The Feminist Self-Help Society is where you learn to give yourself the keys.

I can't wait to show you what's waiting for you.

So tap the link to explore what The Society can do for you, and enroll by 11:59 p.m. ET on December 10 *for your first month free!*

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Let's go!

