

THE IDEAL YOU FORMULA

Welcome to your ideal self formula! Please use the guides below to really come clear about who you want to be as your ideal future self.

This is more than just putting down your "ideal" weight - instead, this will help clarify all elements of your life and what's needed to get there.

IDENTITY

Write down your name and a few sentences about you as your ideal self and your goals as if they've already happened.

FEELS

How does your ideal self wake up feeling everyday? (What's their confidence level like?
How do they feel in an outfit they've always wanted to wear?)

TOXIC REMOVALS

What does the future you part ways with in order to feel/look/be their best self? (...the habit of snacking late, skipping workouts, etc)

ROUTINES

What does the future you do everyday? (What's your routine?)

AFFIRMATIONS

How does your ideal self see the world? What beliefs do they have?