

# Accessing Your Future Self

## Using intuition and congruence to guide decisions

### Quick recap

The meeting focused on coaching techniques and personal development, with Annie leading a discussion on accessing intuition and future selves. Participants explored concepts like having versus hoping energy, congruence between present state and future visions, and the importance of identity-level shifts over behavior changes. Annie shared models for coaching clients to achieve congruent future outcomes and emphasized the role of intuition as a connection to one's future successful self. The group practiced distinguishing between having and hoping energy in their daily lives and discussed how to anchor future visions with a calm nervous system. Sarah-Jane shared a personal breakthrough about trusting her own congruence in business decisions, while Minka and others shared insights on intuition and precognition.

### Summary

#### Networking Success and Work Balance

Annie and Pamela discussed Pamela's mixed feelings about her work, balancing the excitement of creating webinars on provocative leadership with the demands of her tactical clients. Minka shared her progress in networking, highlighting a successful reunion with a previous client who offered a potential \$20,000 opportunity and an invitation to perform at a high-profile 60th birthday party in February, which will involve Cuban dancing and a James Bond-themed celebration. Minka expressed enthusiasm about preparing for the event and the motivation it provides to improve her fitness and health.

#### Free Show and Team Updates

The team discussed a show that will be offered for free, with viewers needing to scan a QR code to receive an email and potentially build a conversation. Alex expressed gratitude for Minka's accountability, which helped him complete lead magnet work, though he missed the implementation day. Sarah-Jane shared her struggles with motivation and emotional exhaustion after caring for family members, and Annie suggested journaling as a way to honor her feelings. Alexandra updated the team on her daughter's successful knee surgery in Canada, which was arranged at no cost despite long wait times.

## **Client Future-Focused Guidance Approach**

Annie discussed the concept of working for a client's future successful self rather than their current state, emphasizing the importance of guiding clients towards their goals while still validating their current feelings. She encouraged the group to remember this perspective when facing tension between client desires and progress, and shared her approach of interrupting clients to redirect them towards their goals. The discussion concluded with an exploration of where people typically see their future, with Annie suggesting it might be in the present or in an infinite circle.

## **Future Vision and Intuition Practice**

The group discussed the concept of time and future vision, with Annie explaining that accessing future selves can help clients make better decisions. They explored the idea that intuition is the future self whispering guidance, and discussed how congruence between current state and future vision is crucial for manifestation. The session concluded with exercises on distinguishing between "having" energy and "hoping" energy, with participants practicing identifying these states in their daily lives and anchoring future visions with calm presence.