

Operation Goddess

Your Future Most Developed Self - CBT Exercise Worksheet

The "Future Most Developed Self" or FMDS exercise is designed to help you focus on the person you intend to become. Think about how she looks, thinks, feels and behaves. Complete the following worksheet and do whatever you need to do to keep that image of your FMDS in your mind. It is time to bring her forward and make her your reality.

What are the main differences between your future most developed self and the way that you are today?

What do you notice most about your FMDS?

Describe her face & facial expressions:

Describe body, posture and body language:

Describe hairstyle, physical appearance, clothing, shoes, make up, jewellery etc.

How does your "Future Most Developed Self" sound when speaking?

How does your "Future Most Developed Self" feel? Where in her body are these feelings expressed?




What do you notice about the way that your "Future Most Developed Self" interacts with others?

What does your "Future Most Developed Self" believe about herself?

What does your "Future Most Developed Self" feel about her body and appearance?

If your "Future Most Developed Self" was asked how did she become the person that she currently is, what would she say?



Step inside your "Future Most Developed Self". How does it feel to be in her body?

Think of an issue or difficulty that you are currently experiencing. Watch from beginning to end as your "Future Most Developed Self" resolves it for you on your behalf. Play it out in your mind as a visualisation.

What did you learn from your "Future Most Developed Self" as she dealt with your issue?

Your "Future Most Developed Self" resolved your problem by using answers that all came from within you! What did this exercise reveal to you?

