



WORKBOOK

FUTURE SELF BLUEPRINT

*DESIGN YOUR FUTURE SELF AND
SHIFT YOUR SELF-CONCEPT*



welcome

Hello beautiful souls! I'm Victoria, your guide on this journey as you reset your life and realign to become magnetic to your manifestations.

Think of this blueprint as your personal map, not to where you've already been, but to where you're intentionally heading next. It's a tool to reconnect with your desires, realign with your values, and clarify what your dream life really looks like across different areas. And the most powerful part is that you get to design it all.

A blueprint isn't about rigid rules or ticking boxes. It's a fluid, evolving guide, something you'll come back to when you're feeling off track, craving change, or ready to dream bigger again. It's here to remind you of what matters when the world pulls you in a hundred directions.

Victoria x

HEALTH + WELLBEING

This covers your physical, mental, and emotional health, daily habits, movement, skincare, sleep, energy levels, and how you want to feel in your body and mind.

1. If I designed this part of my life from scratch, what would it look and feel like? Invite your Future Self in here. What would feel aligned, joyful, spacious, or exciting?

Your Notes



HEALTH + WELLBEING

2. Who am I in this area when I'm operating as my most connected, confident self? What do you believe? How do you speak, move, act, and show up?

Your Notes



HEALTH + WELLBEING

3. What no longer serves me here and what do I want to call in instead? Think about habits, patterns, behaviors, and beliefs. What needs to shift?

Your Notes



HEALTH + WELLBEING

4. How can I romanticize and bring more ritual or intention to this area of life? This could be something small like lighting a candle, changing your environment, or adding beauty to a routine.

Your Notes



HEALTH + WELLBEING

5. What is one small step I can take to realign with my Future Self in this area this week? Keep it doable but intentional - as you will learn throughout RESET, small consistent action creates real tangible shifts over time towards your dream life.

Your Notes



MONEY

This includes your income, savings, spending habits, financial goals, money mindset, and the overall relationship you have with money.

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CAREER

This relates to your job, business, career goals, creative projects, and how aligned you feel with your current path and long-term purpose.

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LOVE

This covers romantic relationships, dating, and the relationship you have with yourself.

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FRIENDS + FAMILY

This includes friendships, family dynamics, boundaries, and the quality of connection you're nurturing in your life.

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PERSONAL GROWTH

This includes self-development, mindset work, hobbies, routines, joy, spirituality, learning, travel, and what helps you feel fulfilled and inspired.

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HOME

This relates to your living space, home organization, location, atmosphere, and surroundings.

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THANK YOU



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