

## Step 1: Generate a List of Desired Outcomes

- **Action:** Start by listing the specific outcomes you want to achieve in various areas of life—relationships, career, creativity, lifestyle, and personal growth. These define the vision for your future self. Do this on a document.
- **Research Support:** Goal Clarity Theory shows that specific, well-defined goals enhance motivation by making the vision tangible and actionable ([Locke & Latham, 2002](#)).

## Step 2: Develop a ‘Day in the Life’ Narrative

- **Action:** Copy & paste your desired outcomes into your AI of choice. Ask AI to write a narrative of a day in a life where each goal is fully realized, incorporating vivid details to create an inspiring mental picture of success.
- **Research Support:** Visualization enhances motivation and self-efficacy by activating reward systems in the brain and strengthening emotional connection to goals ([Decety & Grèzes, 2006](#)).

## Step 3: Identify Core Identities Based on Desired Outcomes

- **Action:** From the “day in the life” narratives, ask AI to identify & describe the *core identities* that would naturally embody the goals (e.g., “Loving Partner” or “Creative Artist”). These identities shape your approach to each goal.
- **Research Support:** Identity-Based Motivation Theory shows that associating goals with core identities reinforces motivation, making goals feel integral to who you are ([Oyserman, 2009](#)).

## Step 4: Create Symbolic Visual Representations for Each Identity

- **Action:** Ask AI to develop symbolic images for each identity; this can also be done via irl art or collage, digital art, and vision boards. The important thing is that meaningful symbols reinforce each identity.
- **Research Support:** Symbolic visuals enhance focus by keeping goals salient in the mind, reminding you of your commitments and activating the brain’s reward centers ([Decety & Grèzes, 2006](#)).

## Step 5: Write a Short Narrative for Each Identity

- **Action:** Ask AI to write a brief narrative describing a day in the life for each identity. This provides an anchor that connects you emotionally to the identity's significance.
- **Research Support:** Narrative psychology suggests that stories about future selves reinforce identity alignment and personal agency, fostering resilience and motivation ([McAdams, 2001](#)).

## Step 6: Develop Daily, Weekly, Monthly, and Yearly Processes

- **Action:** Ask AI to define structured weekly, monthly, and yearly milestones that support each identity; providing consistent action toward each goal.
- **Research Support:** Goal-Setting Theory highlights the value of incremental, specific action plans in achieving goals, as structured steps maintain motivation and make progress tangible ([Locke & Latham, 2002](#)).

## Step 7: Identify Daily Habits to Reinforce Each Identity

- **Action:** Ask AI to list daily habits for each identity that will provide regular practice and keep each identity active and evolving in your life.
- **Research Support:** Habit research shows that small, frequent actions form lasting behaviors, reinforcing identity by embedding **goal-aligned routines** into daily life ([Wood & Neal, 2007](#)).

## Step 8: Review and Streamline Daily Habits for Efficiency

- **Action:** Regularly assess all daily habits, looking for ways to streamline actions for efficiency. Ask AI to combine compatible habits where possible and adjust any that don't add significant value.
- **Research Support:** Efficiency in habit formation reduces cognitive load, making it easier to maintain behaviors. Research on habit stacking shows that combining habits creates a powerful routine that's easier to sustain ([Duhigg, 2012](#)).

## Step 9: Acknowledge and Reflect on Progress Regularly

- **Action:** Schedule daily, weekly, and monthly reflection sessions to celebrate progress, make adjustments, and stay motivated.

- **Research Support:** Reflection supports metacognition, enhancing self-awareness and adaptability, which are essential for goal-directed behavior ([Zimmerman, 2000](#)).

## Step 10: Revisit and Revise Identities and Processes Annually

- **Action:** Annually review and refine your identities, goals, and processes to ensure they remain aligned with your evolving values and aspirations.
- **Research Support:** Flexible goal-setting improves resilience, allowing goals and processes to evolve as life circumstances change ([Deci & Ryan, 2000](#)).