

PEPPER TIME 25: MEET YOUR FUTURE SELF

This practice—meeting your Future Self—has created some of the most dramatic shifts in the lives of my Scaleurs. When you take time to connect with your Future Self, decisions get clearer, doubts shrink, energy rises, and your vision starts becoming someone you are growing into.

Timing: Around 20 minutes.

What you'll need: Quiet space, your journal, and the courage to imagine.

What it's about: You're not just who you are today—you're also who you're becoming. This practice connects you with your wiser, freer, future self. She's the mentor inside you, waiting to be heard.

How to do it:

1. Close your eyes. Breathe deeply three times. Feel yourself settle.
2. Step into the vision. Imagine meeting your Future Self, 10 or 20 years ahead. See her space, her presence, her energy.
3. Write the script. Capture what you saw, heard, or felt.
4. Stay with the details. Don't overanalyze. Focus on the feeling, the symbols, the tone of her presence.
5. Anchor it. Give her a name. Recall her face before bed. Keep her close as your compass.

What to expect: Your Future Self may not look like an “older you.” She may feel more radiant, calm, bold, or playful. Meeting her shifts leadership from sacrifice to presence and joy. Over time, her guidance becomes a source of courage in daily choices—reminding you that the path you're on is shaping who you're becoming.

Interpreting Your Vision

- Don't overanalyze. If you saw something surprising— like living by the ocean when you've never considered it—don't rush to literal conclusions. Stay with the feeling. That's where the wisdom lives.
- Explore symbols. Ask yourself: What associations do I have with this place, activity, or object? What does it connote for me?
- Notice tone. Was your Future Self calm, playful, powerful? That's a clue about the energy you're growing into.
- Stay open. Your Future Self may communicate through words, body language, or even silence. Trust the form it takes.
- Keep it close. Give her a name. Recall her face before bed. Keep the memory in your heart. She's not a fantasy—she's the wiser you that already exists inside.

LISTEN & WATCH IT HERE - youtube.com/watch?v=OH2l619h0-g&feature=youtu.be

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Or read the journey below

The Journey: Step Into Your Future

- Close your eyes. Find a comfortable place to sit or lie down. Feel your body supported by the chair, the floor, the bed beneath you.
- Take three slow, grounding breaths. Inhale deeply through your nose. Exhale fully through your mouth. Again: Inhale... and release. One more time: Inhale... and let it all go.
- Now soften your jaw. Drop your shoulders. Feel the tension melt from your arms, your chest, your belly. Your breath deepens. Your body loosens. You are safe here.

In front of you, a beam of light appears—strong, steady, waiting just for you. Step onto it. Feel it welcome you. It lifts you gently, effortlessly, carrying you upward above the room. You rise above rooftops, above treetops. Clouds drift by. Sunlight shimmers at their edges. The air is lighter here, and so are you.

The beam carries you higher and faster now. Below, landscapes blur—mountains, rivers, oceans, cities. Time itself begins to shift. You are being carried forward, into your future. The light slows. Below you, a new landscape appears—the world of your Future Self. You float down gently until your feet touch the ground.

Look around. Notice the place where your Future Self lives. Is it a warm home tucked into trees? A sunlit apartment above a lively street? A studio filled with art and tools? A home with a balcony overlooking the sea?

Take in the surroundings. Notice the air, the smells, the sounds. How do you feel here? Lighter? Excited? Calm?

Walk toward the entrance of your Future Self's home. See the path under your feet—stone, wood, earth. Notice the door, the handle, the color, the little details.

Reach out and ring the bell. Listen to the sound echo. Take a breath. The door opens. Someone is there. It's your Future Self.

Notice her attitude, the calm or spark in her eyes. Notice her clothes and how she moves. Notice how she welcomes you—warm, open, steady. How does it feel to be welcomed by her?

She invites you in. You step inside and follow her through her home. Notice what you see: light, colors, textures, smells.

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She leads you to her favorite place in the house. It might be a big wooden table, a reading nook, a garden, a sunlit balcony. Observe every detail: how the light falls, what's on the walls, the view out the window.

She asks you to sit. Notice what she offers you: food, drink, a cup of tea, a piece of fruit, a glass of water. Observe how she behaves as she serves you. How does her presence feel? As you sit with her, take a moment to breathe. Then ask her: "What are you doing now in your life?" Let her show you. Listen.

Then ask: "What do I need to do to get here?"

Stay quiet. Keep breathing. Listen closely. Let her answers wash through you—not just words but feelings, images, knowing. Absorb her guidance. After a while, it's time to go. Your Future Self stands and walks you back to the door. Notice how she looks at you and what she places in your hands—an object, a symbol, a reminder. Thank her.

Step outside. Step back onto the beam of light waiting for you.

It lifts you gently and carries you up, back across time. The landscapes pass in reverse—cities, rivers, mountains, clouds.

You return to the dark, quiet space where you began. The beam sets you down. Feel the floor beneath you again. Feel your breath. Wiggle your fingers and toes. When you're ready, open your eyes. Take a moment.

PEPPER ASK: After the visualization, take your journal and start jotting down what you just experienced.

- What was her presence like? Her smile, her energy, her voice?
- What was her appearance: clothing, body language, gestures?
- What was her home or environment like?
- Did she offer you food, drink, or a symbolic gift? What did it represent?
- What did she say when you asked: "What do I need to know to move from here to there?"
- Did she surprise you in some way?
- Did she offer a perspective that feels wiser than your current self?

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