

WORKBOOK



Meet Your Future Self Meditation & Workbook

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Hi, I'm Kristi!

[KRISTIAMDahl.COM](https://www.kristiamdahl.com)

I'm a transformative life coach who helps clients discover their purpose so that they can live more meaningful lives inspired by intention, integrity, and peace. In essence, I help my clients BEcome who they need to become in order to live their most extraordinary, soul-aligned, and deeply inspired lives.

And for those who aren't seeking their purpose but are feeling stuck or dissatisfied, I help them get "unstuck" and inspired, set goals, process massive life changes, and work through the thoughts and beliefs that keep them from living their best lives.

I've been on this journey since 1996, when I barely survived a suicide attempt. If you'd like to gain some powerful, free tools to help you change your life, or if you'd like to learn more about how I changed mine, please visit my website! And, if you'd like to learn more about working with me 1:1 or in a group setting, check out [kristiamdahl.com](https://www.kristiamdahl.com).



[@KRISTIAMDahl](https://www.instagram.com/kristiamdahl)

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Meet Your Future (Essential) Self

HOW IT WORKS

01

Do the meditation.

Get comfortable in any position that you can maintain for 15 minutes. You'll begin by taking a few deep breaths to get grounded, followed by doing a tension-releasing body scan, connecting with your third eye, and being guided through some imagery.

02

Reflect on whatever comes up.

Following the meditation are prompts. Allow your pen to flow freely instead of using your mind to come up with the answers, and don't censor or over-think anything that wants to be expressed.

03

Tap to release what's no longer serving you.

If you identify anything that no longer serves you, use EFT (aka "tapping") to release it. I've included a section at the end of this workbook to guide you through it.

NOTES

Journaling Prompts

WHAT CAME UP?

01 What did your Future (Essential) Self share with you?

02 What parting gift did your Future (Essential) Self give you?

03 Is the path that you're currently on aligned with your Future (Essential) Self's truth? If it's not, what or how do you need to change so that it is?

04 Did you gain clarity on anything that's been eluding you?

05 Are you holding onto anything that's no longer serving you?

06 What takeaways did you receive?

RELEASE WHAT NO LONGER SERVES YOU

EFT ("Tapping") Cheatsheet



Choose what you'd like to release.

Review your responses to question 5, then choose one to use for your first round of tapping. Example: "I'm not living in full alignment with my Essential Self."



Frame up your statement.

"Even though I [insert statement to be released], I deeply and completely love and accept myself."



Repeat this statement as you tap.

Repeat your statement out loud or internally for several rounds rounds of tapping. Each tapping point is depicted below. You only need to tap with one hand.



"Karate chop" point.

This is used for one full statement at the beginning of tapping and unlike every other point, isn't repeated.



Inner edge of eyebrow.

After tapping your karate chop point, repeat as much of your statement as you'd like as you lightly tap the inner edge of one of your eyebrows.





Outer edge of eye near temple.

Continue to repeat your statement as you move your tapping to the outer edge of your eye near your temple.



Beneath eye on bone.

Next, move down to the bony area below the center of your eye. Continue repeating your statement as you tap.



Between nose and upper lip.

Now, move to the space between your upper lip and nose. Continue to repeat your statement as you tap.



Between chin and lower lip.

Next, move to space between your chin and lower lip. Continue to repeat your statement as you tap.



Collar bone.

Now, move down to your collar bone. You can either continue tapping with two fingers, or you can tap the area with an open palm. Continue to repeat your statement as you tap.



Beneath armpit.

Next, tap about a hand's width below your armpit. Like the collar bone, you can tap with either your fingers or an open hand. Continue to repeat your statement as you tap.



Top of head.



This is the last tapping point in the cycle. Tap with two or three fingers on the top of your head as you continue to repeat your statement.



Now, repeat.



Go back to the inner edge of your eyebrow and repeat the process. Cycle through as many times as you'd like...until you feel at ease.

[CLICK HERE](#) TO WATCH A DEMO VIDEO OF ME TAPPING.



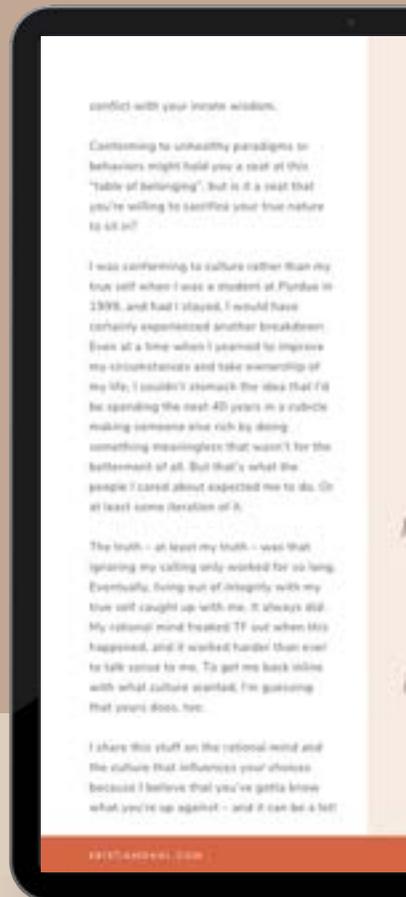
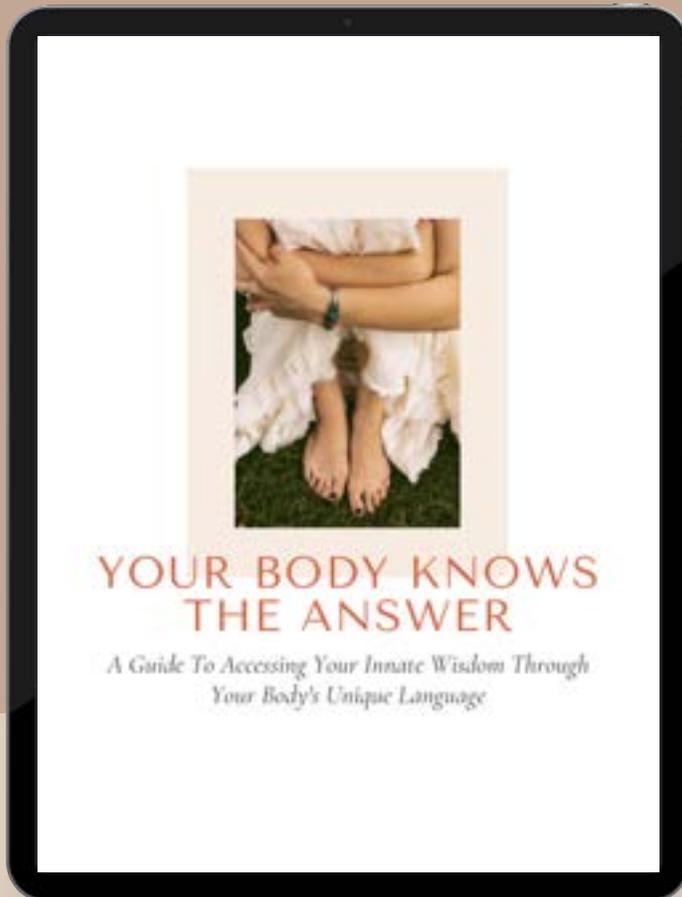
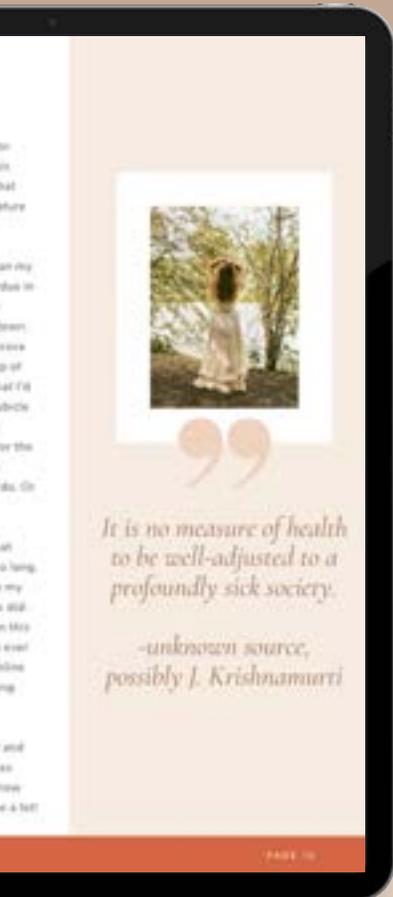
Inspiration

"You will never be able to escape from your heart, so it is better to listen to what it has to say."

-Paulo Coelho, The Alchemist

Inspiration

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Want more?

CALIBRATE YOUR BODY COMPASS

Access your innate wisdom...through your body! I've created a FREE ebook that details three of my favorite exercises to "get answers" from my body and included an audio version of one of them. These are powerful tools, so I do hope that you'll check out this offering. Thank you!

[LEARN MORE](#)

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Want To Work With Me?

EXPLORE 1:1 COACHING!

Coaching is an investment both financially and energetically. So, we'll start with a discovery call. If you'd like to learn more, please click the image above to watch a short video that covers who I work with, how I coach, and how you can work with me. Or, if you already know that you want to have a discovery call, click below to apply today!

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