

FUTURE SELF COLLECTION

Make Your Life Include You

A three-audio reflection workbook

Use one real moment to understand what your frustration is revealing—and practice one different way of participating in your life.

NOTICE • UNDERSTAND • PRACTICE

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PART 1

Notice the Moment

Audio 1 · Separate what happened from what you concluded about yourself.

WHAT THIS AUDIO TEACHES

You will choose one specific scene and describe what happened, what you felt, and what you did next. Then you will notice the judgment your mind added. The purpose is to separate the event from the conclusion you made about yourself.

Choose one specific moment from the last few days when you felt frustrated, resentful, disconnected, or as if you were simply going through the motions. Do not choose your whole marriage, career, health, or life. Choose a short scene.

1. What happened?

Where were you? What was happening? Who was involved?

2. What did you feel?

3. What did you do next?

4. What did you make this moment mean about you?

Examples: I am lazy, ungrateful, selfish, difficult, behind, undisciplined, or incapable of changing.

The conclusion is not the same as the event. You are writing it down so you can see the difference.

PART 2

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Listen for the Information

Audio 2 · Treat the frustration as information before turning it into a verdict.

WHAT THIS AUDIO TEACHES

Instead of trying to eliminate the frustration or using it against yourself, you will become curious about it. You will identify what feels missing, what you want more of, and the value that deserves more deliberate attention in this moment.

1. What am I really frustrated about here?

2. What feels missing? What am I wanting more of?

3. What would I want this part of my life to feel like instead?

Possible value words

presence · autonomy · rest · creativity · honesty · connection · care · beauty · contribution · vitality · courage · play

4. What matters to me here?

Choose one word that gives you a useful direction in this specific moment.

5. Complete the sentence: What matters to me here is _____ because _____.

PART 3

Practice Participating Differently

Audio 3 · Turn the value into identity, behavior, and evidence.

WHAT THIS AUDIO TEACHES

You will use the value as a direction for practice. You will name the woman you are becoming, choose one small behavior that expresses that identity, and recognize the action as evidence that this way of participating is available to you now.

1. Complete the identity statement: I am becoming a woman who...

Make it specific enough to guide you, but not so rigid that it becomes another standard you can fail.

2. What is one small behavior that would express this identity in the same kind of moment?

Keep it small enough to do today. Its purpose is not to transform your routine; it is to interrupt the automatic pattern and make one deliberate choice.

3. When and where will you practice it?

4. Complete your evidence statement: When I _____, I am practicing being a woman who

*This action is not proof that you have permanently changed. It is evidence that this identity is available for you to practice today. **MAKE Y***

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A COMPLETED EXAMPLE

The Nighttime Phone Pattern

This example shows how one ordinary moment can move from self-judgment to a deliberate Future Self practice.

THE MOMENT Everyone had gone to bed. I finally had time to myself. I sat on the couch and scrolled on my phone for almost two hours. When I looked at the time, I felt disappointed and went to bed later than I wanted.

WHAT I FELT Restless, disconnected, and frustrated.

WHAT I MADE IT MEAN I am lazy. I have no discipline. I always waste the little free time I have.

WHAT I AM REALLY FRUSTRATED ABOUT I spend the day taking care of what needs to happen, and then the only time that feels like mine disappears without feeling restful or meaningful.

WHAT FEELS MISSING A sense of ownership over my time and a way to rest that actually feels restorative.

THE VALUE What matters to me here is presence because I want to experience my own time instead of automatically escaping from it.

THE IDENTITY I am becoming a woman who participates in her own time and gives herself real space in her life.

THE SMALL PRACTICE Tonight, before I open social media, I will ask, 'What would feel restorative right now?' Then I will read for ten minutes before deciding what I want to do next.

THE EVIDENCE When I pause and read for ten minutes before scrolling, I am practicing being a woman who gives herself real space in her life.

The reading is not morally better than the phone. The change is the pause: she interrupted an automatic pattern long enough to make one deliberate choice based on what matters to her.

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Make This Moment Include You

Bring the work together before you leave the worksheet.

THE MOMENT The specific scene I chose was...

THE INFORMATION My frustration may be showing me that I want more...

THE VALUE What matters to me here is _____ because _____.

THE IDENTITY I am becoming a woman who...

THE PRACTICE The small behavior I will practice is...

THE EVIDENCE When I _____, I am practicing being a woman who _____.

You do not have to reinvent your life before it can begin to include you. Notice where you disappear. Listen to what the moment reveals. Practice one different way of participating.

WHERE THIS WORK CAN TAKE YOU

One Moment Is a Beginning

In this mini training, you practiced the Future Self process inside one ordinary moment. You stopped treating frustration as proof that something was wrong with you. You listened for what mattered, chose who you wanted to practice being, and created one small piece of evidence through action.

That matters because your life does not begin to include you only after you make a major change. It begins to include you when you become more deliberate about how you participate in the life you already have.

INSIDE THE FUTURE SELF MINDSET PROGRAM:

Inside FSMP, we take this process beyond one moment. You learn how to identify the values you want to practice in this season of your life, create an identity that gives those values a lived form, turn that identity into committed actions, and use the evidence you create to strengthen the way you see yourself and what you believe is possible.

The work is not about becoming a flawless version of yourself or building an entirely different life. It is about becoming more conscious, more practiced, and more present as the woman you are choosing to become inside the life you have already built.

**LEARN MORE ABOUT THE
FUTURE SELF MINDSET PROGRAM**

[*\[Insert FSMP link\]*](#)

This is the work of the Future Self.