



PART *worksheets* FIVE

RESETTING YOUR FUTURE





RESETTING YOUR FUTURE

Healing creates space for who you really are.

Healing the mother wound is not only about the past - it's about creating space for the life you long for.

Once we release old pain, we can reset our future with intention, clarity, and compassion.

Resetting isn't about reinventing yourself overnight; it's about aligning your choices with who you truly are, not who you were told to be.

This part of the journey is about planting seeds for a future that feels safe, expansive, and authentically yours.



Take your time with these prompts. Write freely, without editing yourself. Even one word or sentence can hold meaning.

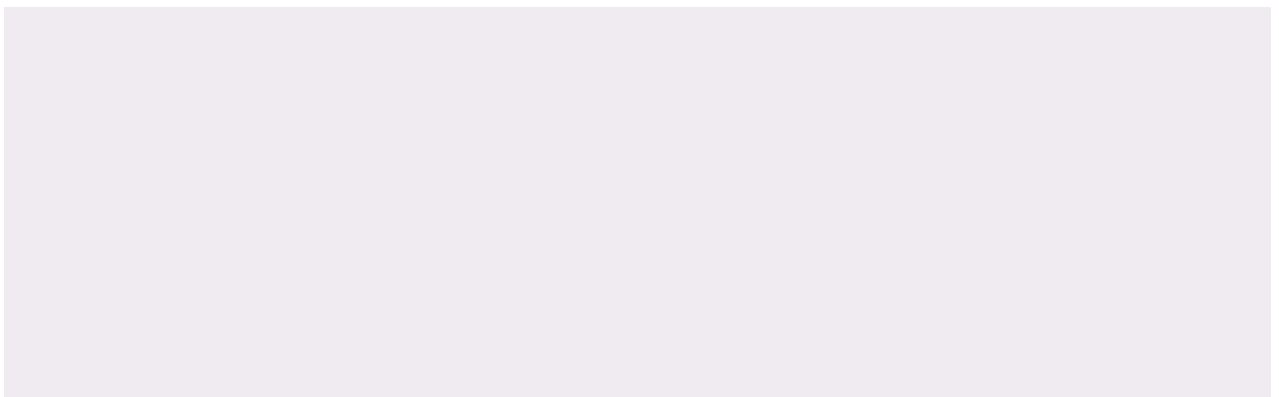
What old patterns or beliefs are you ready to leave behind?

When you picture your future self, what qualities do you see?

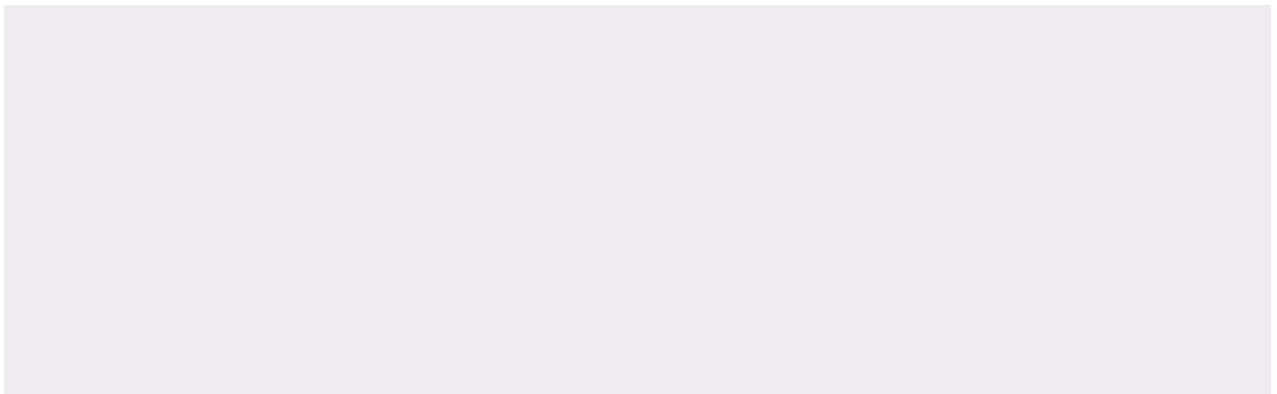
How does freedom feel in your body - lightness, calm, energy?



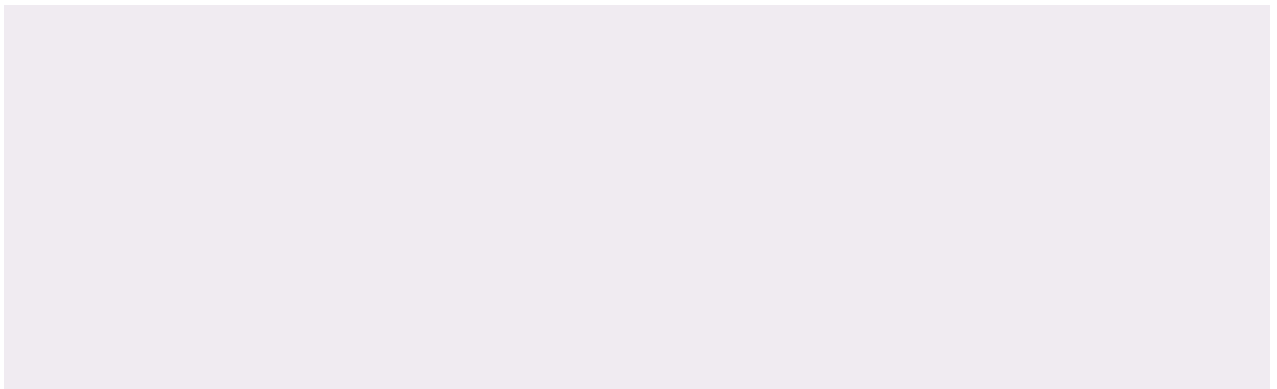
What kind of relationships do I want to create?



if you could reset one area of your life right now, what would it be



What's one cycle / pattern I choose to end with me?



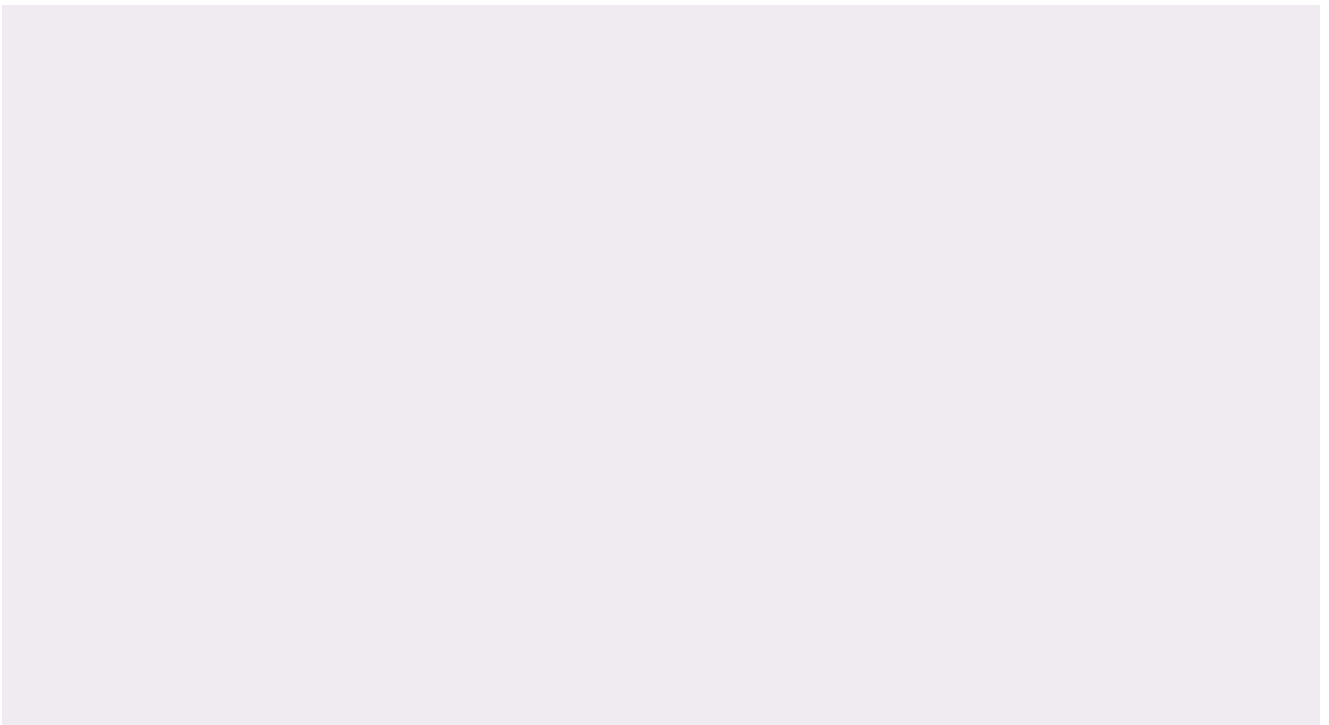
VISUALISATION

Sit comfortably, close your eyes, and take a few slow breaths

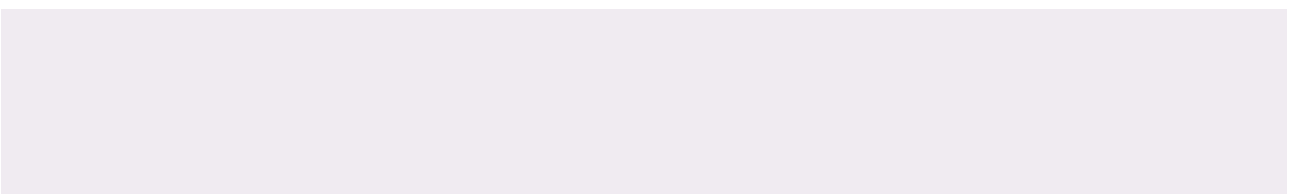
Imagine yourself five years from now—free from the weight of the mother wound.

- Where are you?
- What does your life look like?
- How do you feel inside your body?
- Who surrounds you?

Open your eyes and write down everything you saw and felt.



From this vision, choose one small action you can take this week that moves you toward that future





CLOSING PART FIVE

Stand tall with your feet grounded.

Place your hands on your heart and say:

“I am no longer bound by the past. I choose to create a future that honours who I truly am.”

Take one deep breath in (receiving the future) and exhale slowly (releasing the past). Repeat this a few times.

Write one loving affirmation for your future self (e.g. *“You are strong,” “You are capable of achieving your dreams,”* Repeat it daily as a reminder of how far you have come.