

FUTURE MAP

The step by step guide to creating your very own future-proofed roadmap for how to achieve your most audacious business goals and accelerate your success.





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Starting FUTURE FEMALES

When I (Lauren) and my co-founder Cerina started Future Females in August 2017, the first thing we did was dream.

We spent days removing all limitations and filled a whiteboard floor to ceiling with our “craziest” and biggest ideas.

Now four years later, we've exceeded even our own wildest dreams, thanks to clarity, consistency and our own goal-setting methodology, that we're excited to share with you in this workbook. Let's get stuck in...



The 'FUTURE MAP' APPROACH



When it comes to goal setting, most people “think” about what their goals should be. We let our heads (the masculine / ego) do the talking for us, and so often end up hustling, stretching ourselves, and fighting to achieve something that when we finally attain, is ultimately unfulfilling. Or, we find ourselves in patterns of non-attainment, stuck in an endless cycle of setting and missing goals, and not fully understanding why...

That’s where this approach (the ‘Future Map’ methodology), is different.

What this approach guides you to do is set goals from the heart (at the feminine / soul level), that truly align with who you are, and what you yearn for at a subconscious level. Once you can uncover this - your unique core motivators that guide everything you do, feel and think - then you can set goals with intention, that your heart will help you manifest, and that will feel f*ckin epic and energising, when you attain them.

What YOU'LL GET FROM THIS APPROACH

Ultimately, this approach will help you:

- Gain clarity on what really drives you (and what doesn't)
- Understand where your subconscious is leading you in your business and your life, and fully embrace it
- Set goals that fully align at your head, heart and soul level
- Stop comparing, because you are fully committed to your own unique path and vision for 'success'
- Gain momentum, with your own holistic action plan





YOUR CORE MOTIVATORS

The

APPROACH

Every decision you make is decided on an emotional level (soul) and then justified on the logical level (head) - whether it is what you eat, the business you build, the goals you set, or simply where you allocate your time - whether you're consciously aware of it, or not.

There are reasons for why you do everything you do, and think what you think, and these reasons lie a level below your personality traits - they are your 'core motivators'.

Just like we all have different personality types, we all have unique core motivators, that influence our behaviours. And when we set goals without an understanding of these motivators, or goals that are out of



alignment with these motivators, everything just feels "hard".

When we set goals that stem from these core motivators themselves, we feel energised, aligned, and things feel SO much easier.

How to uncover your core motivators?

Well it starts with self-inquiry, which simply means to put attention and awareness on yourself.

A List OF POTENTIAL CORE MOTIVATORS

Below is a list of potential core motivators, that cover most of the reasons behind the emotions felt and decisions made by people. For this exercise, simply read through the list below, and make a note of any that 'feel' like you - that you connect with. If you get stuck, think of a recent decision you've made, and ask the question "why"... and see if any of these words feel like an aligned answer. If you think of a word that's not on here, but that aligns for you, add it in.

Abundance	Autonomy	Duty	Innovation	Predictability
Achievement	Calm	Efficiency	Integrity	Protection
Activity	Challenge	Exploration	Learning	Recognition
Adrenalin	Change	Fame	Love	Uniqueness
Advancement	Community	Family	Loyalty	Security
Advocacy	Compassion	Financial	Peace	Self-Expression
Aesthetics	Competence	Growth	Personal	Significance
Affiliation	Competition	Freedom	Growth	Stability
Affluence	Control	Happiness	Playfulness	Status
Appearance	Courage	Health	Potential	Worthy
Authority	Creativity	Identity	Power	

Your

4 CORE MOTIVATORS AND WHAT THEY MEAN TO YOU

You may experience all core motivators at some point in your life (they all stem from fundamental human emotions), however you are likely to be led by just a few.

So go through all of the core motivators you've selected from the previous page, and prioritise just the four that you feel influence you most.

Also then write down what the word means to you - a word is open to so much interpretation, so document what does it mean specifically for you, in your context.

Motivator: _____

Meaning: _____

Motivator: _____

Meaning: _____

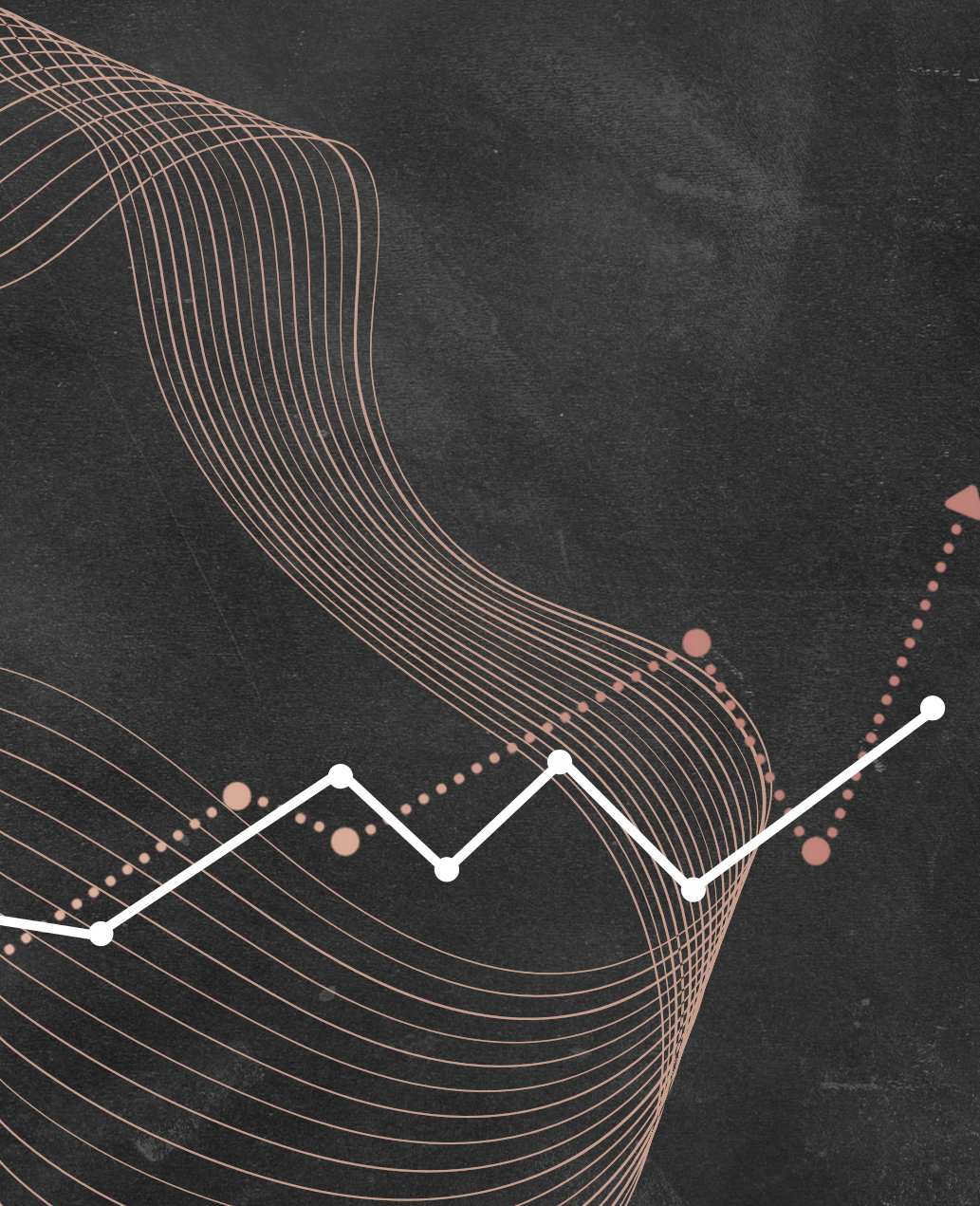
Motivator: _____

Meaning: _____

Motivator: _____

Meaning: _____

YOUR FUTURE MAP



Approach

VIBRANT VISIONING

The Future Map is a visual representation of what your life and business looks like when you are operating in perfect alignment with your core motivators. Simply - it is finding and documenting (or collaging) vibrant visual representations of what you want to have, feel, do and be in future.

The Future Map is an active vision board, meaning it becomes a working document that you look at daily, and can keep updated as your visions evolve.

So 'vision boarding' is not new, but it is a critical part of your goal setting approach, because it is how you reprogram your brain - turn the page see how!





Our brains have a process called 'value-tagging' that imprints high value things into our subconscious, and removes low value things from our memories. The brain sees images as much high 'value' than words alone, making visuals much more powerful in manifestation.

Once our vision is imprinted in our brains, it then engages our Reticular Activating System (the same system that after you decide you want to buy a red car, means you see every red car on the street from that point on), and filters information and opportunities for you - automatically deciding whether information is going to move you towards, or away from your goals.

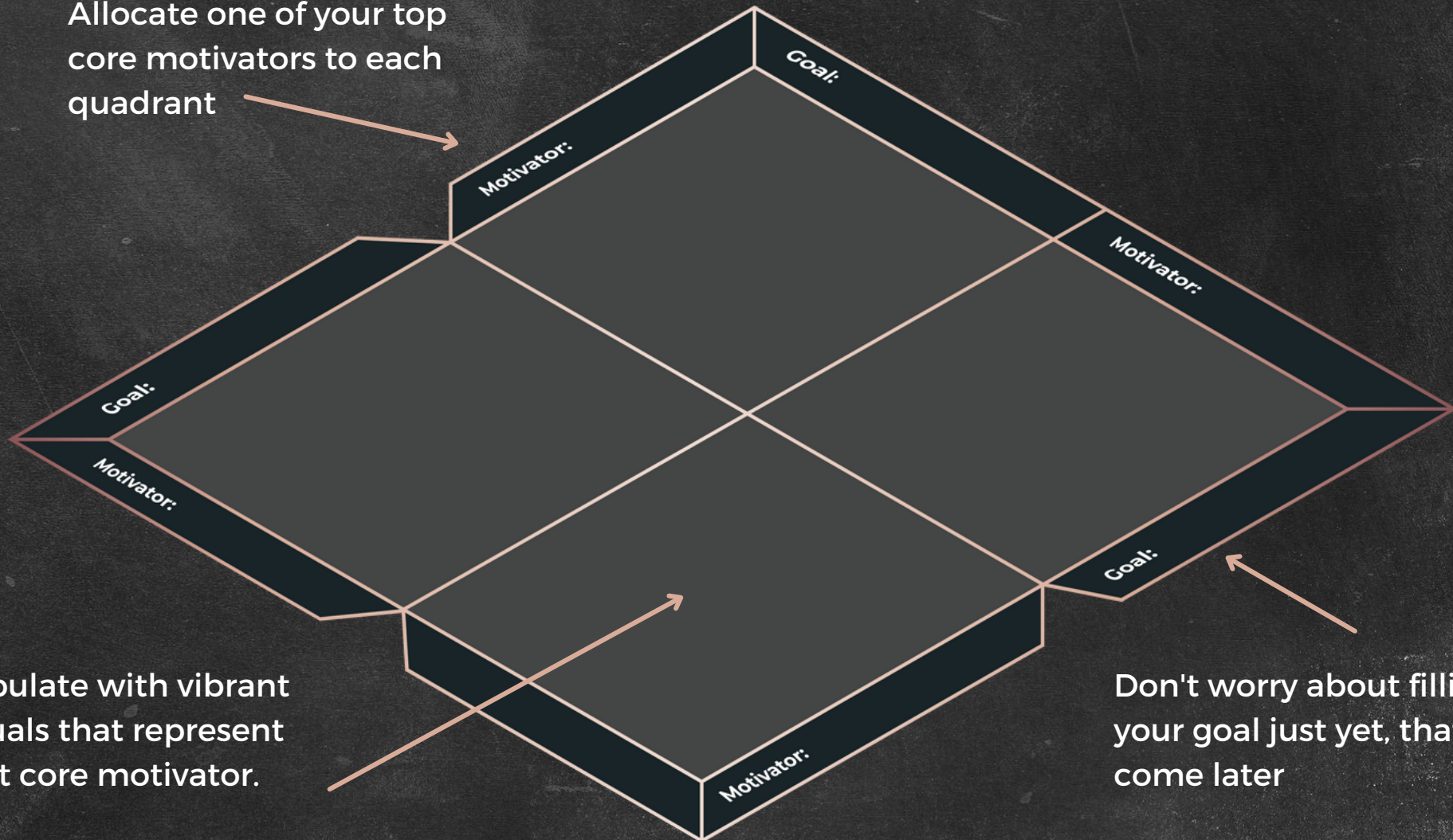
This is the science behind the Law of Attraction, and the reason why 'vibrant visioning' is such an important part of the Future Map process.

THE FUTURE MAP

Below is the Future Map template instructions.

We encourage you to think long-term (ideally 5-10 years from now) when you fill yours out.

Allocate one of your top core motivators to each quadrant



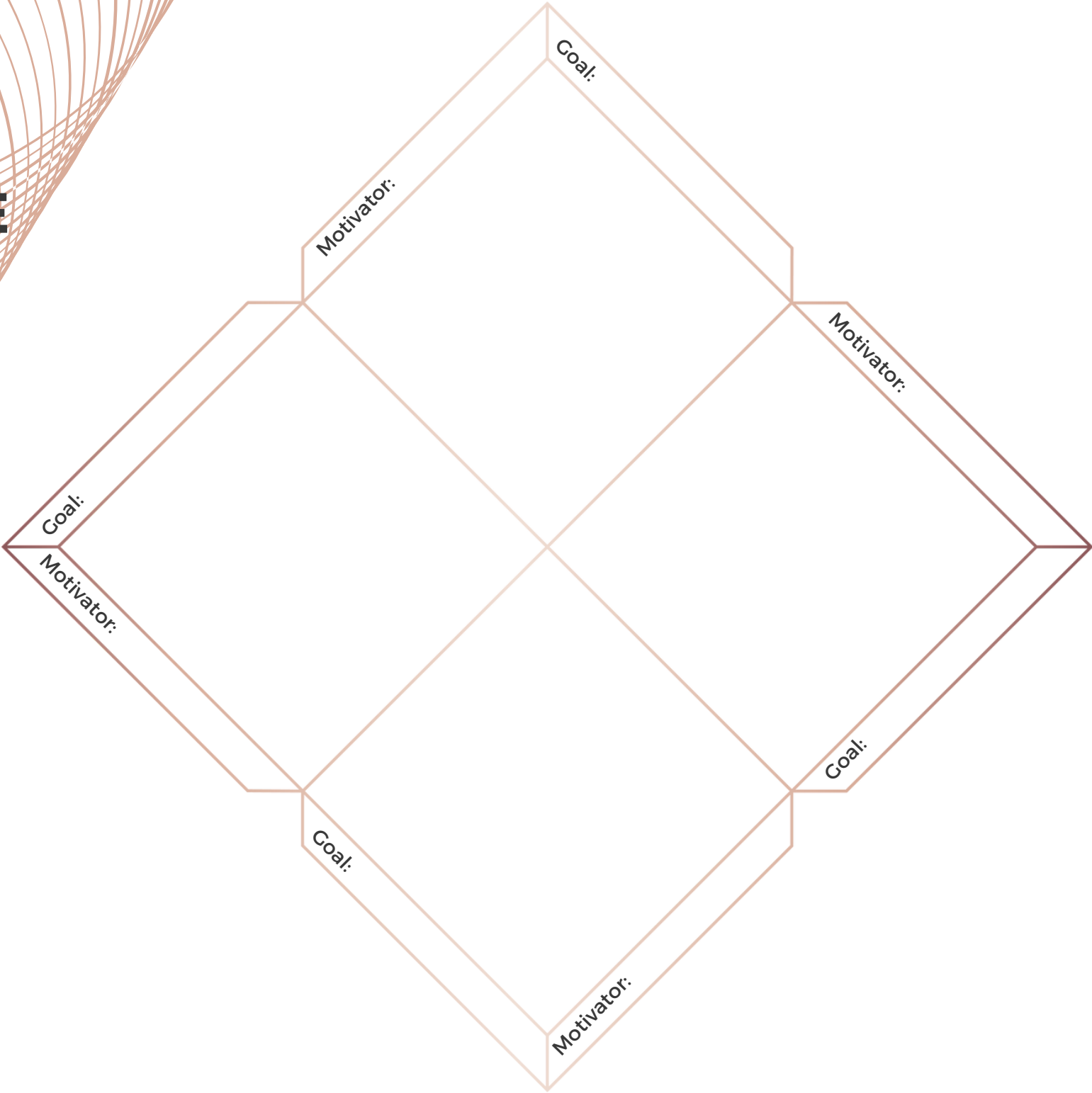
Populate with vibrant visuals that represent that core motivator.

Don't worry about filling in your goal just yet, that will come later

A FUTURE MAP EXAMPLE



YOUR FUTURE MAP



Vibrant

VISIONING TIPS

Don't talk yourself down. If you want a private jet and millions of dollars in the bank - own it. This is your vision board and yours alone, so don't make your dreams smaller than they really are.

1

Embrace the abstract. If an image comes up for you as you're thinking through this exercise, no matter how seemingly obscure it might be, trust it. This vision board only needs to have meaning for you.

2

Research. If in doubt, head to Google Images, or Pinterest. Explore what that motivator might look like for someone else, and leverage what resonates for you.

3

Use words too. If words come up for you - add them! Perhaps it is a mantra that serves you, or a quote that inspires you. As long as you have visuals AND words, your vibrant visioning will be effective.

GOAL SETTING




Approach

GOAL SETTING

If your vision is your 'north star', ensuring you're always running in the right direction with your head, heart and soul, then your goals are the yardsticks along the way, supporting you to know that you are still on course.

While your vision is looking at a 5-10 year time horizon, for your goals, it's best to look at a 12 month period (and then repeat this exercise). Simply - we want to end up with a **SINGLE** goal for each of your core motivator areas, that is:

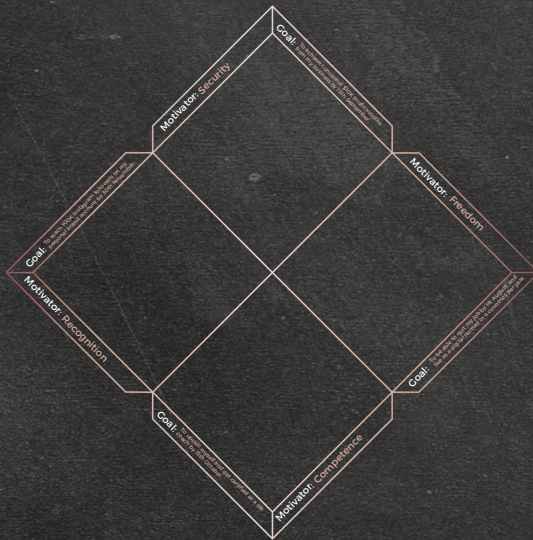
- 1) Specific** (i.e. focuses on just **ONE** thing - there are no 'ands' in a good goal)
- 2) Measurable** (i.e. has a number in it)
- 3) Timebound** (i.e. has a date in it)

A photograph of a person wearing a pink hoodie, sitting at a desk and writing in a notebook with a black pen. A small green succulent in a white pot is on the desk next to the notebook. The background is bright and out of focus. The image is partially obscured by a decorative graphic of curved, overlapping lines in a light pink color that flows from the top left towards the bottom right.

Your goals can change as your business does, and as you learn, so we also suggest a quarterly 'course correction' exercise, where you evaluate how you're progressing, and if your stated goals are still the most strategically important and impactful for getting you to your vision.

Examples

GOAL SETTING



Here are some examples of goals set to different core motivators.

Motivator: Security

Goal: To achieve consistent \$10K profit months from my business by 15th September.

Motivator: Recognition

Goal: To reach 100K Instagram followers on my personal brand account by 30th November.

Motivator: Freedom

Goal: To be able to quit my job by 1st August, and live as a digital nomad in 4 countries per year.

Motivator: Competence

Goal: To upskill myself and get certified as a life coach by 15th October.

Your

12 MONTH GOALS

In the space below,
document your 4 core
motivators and a single 12
month goal for each.

Motivator: _____

Goal: _____

Motivator: _____

Goal: _____

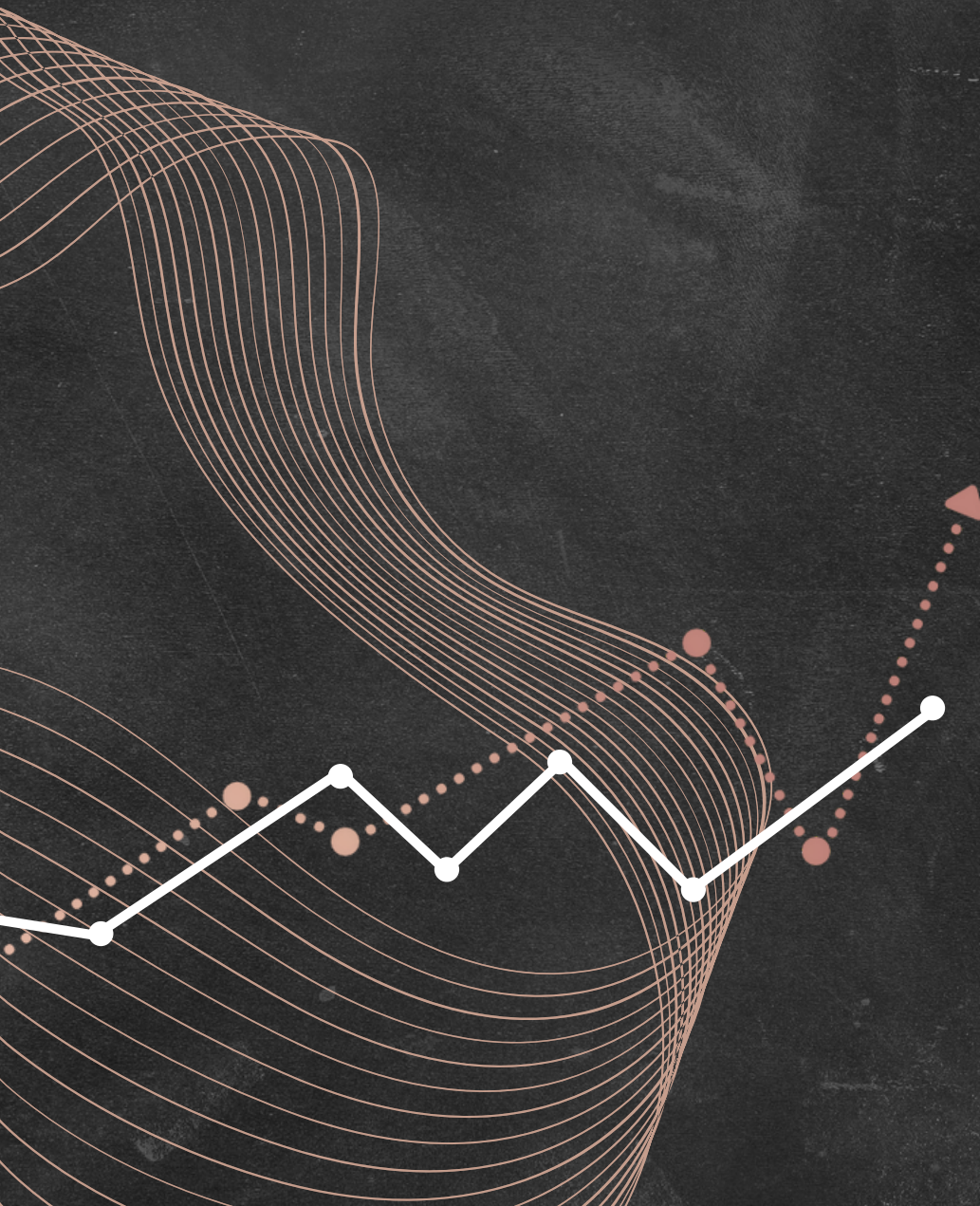
Motivator: _____

Goal: _____

Motivator: _____

Goal: _____

ACTION PLANNING



Action

PLANNING

We are always in motion - every action, decision or even thought is giving us momentum towards, or further away from our goals. And so, action without first having your vision and goal in place, is misguided and often ends up with us feeling 'busy' but making no progress.

That's why action planning needs to be step 4 in the Future Map process, so you can prioritise only the highest value actions that are moving you towards your goal, and feel confident saying 'no' to anything else.

In this part of the Future Map methodology, you'll be mapping your action plan, focused on the next twelve months, across the three critical types of actions you can take:

(1) THINKING ACTIONS - What questions do you need to ask, what problems need to be solved, what strategies need to be thought through and formulated, in order to achieve your goal?

(2) FEELING ACTIONS - What do you need to feel, what belief do you need to hold, what self-limiting beliefs do you need to overcome in order to reach your goals?

(3) DOING ACTIONS - what can you do, what tasks can you execute, in what sequence, to move towards achieving your goals?

Actions

YOU CAN TAKE

Brainstorm the key 'thinking', 'feeling' and 'doing' actions you'll need to take, in order to reach your goal, and ultimately achieve and live in line with your core motivators and your Future Map.

GOAL 1

DOING:

THINKING:

FEELING:

Actions

YOU CAN TAKE

Brainstorm the key 'thinking', 'feeling' and 'doing' actions you'll need to take, in order to reach your goal, and ultimately achieve and live in line with your core motivators and your Future Map.

GOAL 2

DOING:

THINKING:

FEELING:

Actions

YOU CAN TAKE

Brainstorm the key 'thinking', 'feeling' and 'doing' actions you'll need to take, in order to reach your goal, and ultimately achieve and live in line with your core motivators and your Future Map.

GOAL 3

DOING:

THINKING:

FEELING:

Actions

YOU CAN TAKE

Brainstorm the key 'thinking', 'feeling' and 'doing' actions you'll need to take, in order to reach your goal, and ultimately achieve and live in line with your core motivators and your Future Map.

GOAL 4

DOING:

THINKING:

FEELING:
