

DEZ DAVIS

THE RICH WITCH

## MAPPING YOUR IDEAL POSSIBLE SELF

Oftentimes there can be a disconnect between our current self and possible selves. This is because authentic Ideal Possible Selves can (but sometimes do not) motivate or regulate what's happening in and as our current self.

One of the ways to motivate & regulate your current self behavior, thoughts, feelings, & self-concept in the direction of an identified Possible Self, is by cultivating an intimate awareness of the “who”, “what”, “where”, “when” and “why” of the ideal possible self that you can authentically agree with becoming & can commit to taking the internal and external actions to embody.

What we define, map or otherwise do to cultivate an intimate awareness of our possible self as a construct, becomes the guiding praxis of our current self regulation.

### BY DEFINING YOUR AUTHENTIC IDEAL POSSIBLE SELF YOU:



Can clarify the big structural picture of your Possible Self, identify areas to maintain, areas for growth & give your current self a baseline framework to approach your learning curves with.



Can observe, address, and create a plan to regulate/co-regulate any resistance, doubt, un-safety or conflicting beliefs your current self might consciously or unconsciously hold towards your identified Possible Self. This step creates the neuro-emotional spaciousness to go into authentic agreement with who you've decided to become.



Have the opportunity to prime your mind-body & prepare your nervous system to engage in taking embodied action in a way that gently stretches you beyond your defensive comfort zones; promoting an incremental sense of safety, capability, and security around embodied action taking. I like to call this Embodiment Priming.

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**USE THE FOLLOWING AWARENESS BUILDING EXERCISE TO MAP AN IDENTIFIED POSSIBLE SELF USING THE DILTS LEVELS OF LOGIC MODEL FOR INSPIRATION.**

NOTE: MAKE THIS PRACTICE YOUR OWN. GO INTO AS MUCH OR AS LITTLE DETAIL AS YOU FEEL COMFORTABLE WITH, KNOWING YOU CAN COME BACK TO THIS PRACTICE ANY AND EVERY TIME.

**STEP ONE: IDENTIFY A GOAL + POSSIBLE SELF** to work with for this exercise. This self can be a personal or professional version of yourself that you aspire to become or need to become as a part of actualizing desirable outcomes in your life; and tend to experience self-doubt, blocks or sabotage around actualizing/embodying.

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**STEP TWO: USE THE IDEAL POSSIBLE SELF MAPPING EXERCISE TO MAP YOUR IDEAL POSSIBLE SELF** section by section to cultivate a deeper level of clarity around what goes into “closing the gaps” between your current self & possible self.



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**STEP THREE: CROSS REFERENCE THE POSSIBLE SELF INSIGHTS FROM EACH SECTION WITH YOUR CURRENT SELF, to determine a baseline for where you are and where you want to be. Then begin to ideate & identify the strategies that can support you with embodying your Ideal Possible Self in an integrated, spacious way that honors where you are now.**

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## **IDEAL POSSIBLE SELF EMBODIMENT MAPPING**

*Note: The modified exercise below is inspired by Robert Dilts levels of logic NLP model. For more information on the Dilts LOL.*

**THIS IS A SELF-AWARENESS BUILDING EXERCISE THAT HELPS YOU DETERMINE A CLEAR BASELINE FOR WHERE YOU ARE AND WHERE YOU WANT TO BE.**

### **ENVIRONMENT | WHERE**

This is the ideal physical and emotional environment your Ideal Possible self is around and within - such as your location, community, homelife/living arrangements, place of work/places from which you work, the people, spaces, and resources around or accessible to you.

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## **BEHAVIOR | WHAT**

Behavior refers to the actions and behavior of your Ideal Possible Self. How your Ideal Possible self behaves, acts or reacts in any given situation - Ask yourself, what are the habits, actions, patterns, body language, movement, and voice of your Ideal Possible Self.

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## **CAPABILITY | HOW**

**What're the capabilities, skills, knowledge, talents, experience and general competencies that your Ideal Possible self has developed.**

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## **BELIEFS AND VALUES | WHY**

What are the beliefs and values towards themselves and about the world that drive your Ideal Possible Self. What are the motivating forces behind the actions or inactions of your Possible Self in any given situation. What is important to your Ideal Possible Self? What do they stand for? What do they believe in and why?

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## **IDENTITY | WHO**

**Identity refers to the core beliefs, sense of self, the who of your Ideal Possible Self. How does your Ideal Possible Self feel towards and value themselves? Who is the authentic Ideal Possible Self? If your Ideal Possible Self were to engage the question, Who am I & what do I think about myself, what would they say?**

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**SPIRITUALITY OR VISION | NORTH STAR**

What's the greater purpose your Ideal Possible Self holds about themselves and life? What is their sense of meaning, context or connection to their big picture sense of life.

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**SUMMARY NOTES:**



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## INTEGRATION PROMPTS

WHY AM I CHOOSING THIS POSSIBLE SELF TO EMBODY?

WHAT IS THE IMPORTANCE I HOLD TOWARDS EMBODYING THIS VERSION OF MYSELF?

BASED ON WHO I AM NOW, WHY IS THIS POSSIBLE SELF IDEAL TO BECOME?

WHAT EXCITES ME MOST ABOUT BEING THIS POSSIBLE SELF IS:

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IN WHICH WAYS HAVE I STRUGGLED TO BELIEVE IN OR PROACTIVELY ENGAGE BECOMING THIS SELF?



WHAT AM I WILLING TO ADJUST IN MY APPROACH, MINDSET, OR RECEIVE SUPPORT FOR THAT WILL HELP ME INCREASE MY SELF-BELIEF AND PROACTIVITY?



WHY IS DOING THE INNER & OUTER WORK TO CLOSE THE GAPS & EMBODY THIS IDEAL POSSIBLE SELF, WORTH THE EFFORT? WHAT'RE THE POSITIVE RESULTS & DESIRED OUTCOMES ON THE OTHER SIDE OF THIS TRANSFORMATIVE INNER/OUTER WORK?



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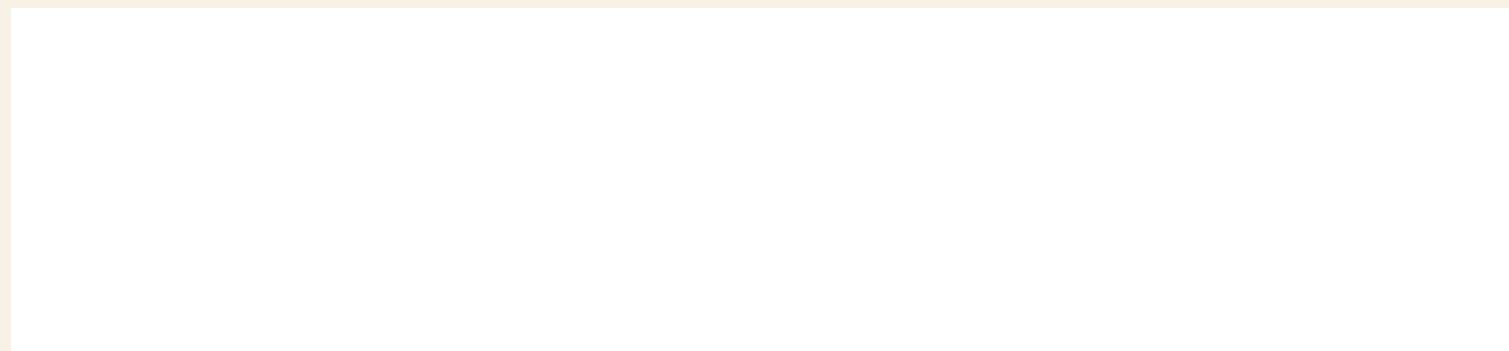
## **ALCHEMIZING INSIGHTS INTO ACTION**

Revisit each section starting from the top and use the information to “Map the Gaps” by:

**NOTING WHERE YOU’RE ALREADY IN CONGRUENCE WITH YOUR IDEAL POSSIBLE SELF & GIVING YOURSELF THAT ACKNOWLEDGEMENT – FILL UP ON THAT, ANCHOR IT.**



**IDENTIFYING SPECIFIC AREAS OF HEALING, GROWTH, DEVELOPMENT TO PRIORITIZE:**



**IDENTIFY SUPPORTIVE RESOURCES + STRATEGIES (ACTIONS, BEHAVIORAL SHIFTS, BOUNDARIES, POSITIVE HABITS MINDSETS/BELIEFS, SUPPORT SYSTEMS, AREAS/TYPES OF CARE) THAT YOU’LL IMPLEMENT TO ALIGN YOUR CURRENT SELF WITH YOUR IDENTIFIED POSSIBLE SELF.**



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## **SUCCESS AGREEMENTS**

Success Agreements are commitments you can make with yourself that integrate the comprehensive understanding of what goes into actualizing your Ideal Possible Self. You can use Success Agreements to nurture & nourish the relationship between your current self with possible self in the following ways:

- How you talk to yourself about yourself, your wants, needs, desires, dreams in business
- What you tell yourself about the world – and how that informs your mind-body-nervous system
- How you foster and facilitate energy for action, how you replenish before/during/after exertion or stress, and whether or not you feel empowered by or overshadowed by your own ambitions.

We make Success Agreements with ourselves & with our goals so that we feel safe, connected, and ultimately in agreement with taking action towards the reality of achieving our goal, and the reality of the Ideal Possible Self who actualizes it. This takes our nervous systems into a dreamy delicious space where creativity and organization and followthrough can work together.

**What're the Success Agreements you can make to be in a healthy, generative, relaxed, empowered relationship with your Ideal Possible Self & goals?**

Start with your top 5 on the following page.

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**MY SUCCESS AGREEMENTS**

