

Future Self Letter

Dear Anabell,

2025 is an amazing year!

Your business is thriving. You are working with such amazing clients. You're helping hundreds heal their brain and body from the effects of trauma. You are earning over one million dollars every year. You did this!

Your body looks so good. You're healthy. You have a lot of energy every day and you're in the best shape of your life despite the fact that you're

45!

You're married to your soulmate. He is the kindest and most loving man. He's an entrepreneur like you, ambitious and super self aware. My dream guy! I feel so blessed.

My healing journey from trauma feels so strong and healthy. I can regulate easily. I hardly ever get triggered. My secure attachment style feels really safe and solidified. I'm so proud of how far we've come.

The girls are all healthy and beautiful. They're thriving!

All and all, you've created an amazing future. Thank you!!

Gifts To My Future Self

Dear Anabell,

right now in the present moment, I am doing so many things for the version of me two years down the road to help set you up for success.

I hired my business coach once again and invested a lot to grow your coaching business. The tools I learn will help me to better serve and help heal hundreds of people each year.

I'm eating really healthy to create a healthier mind, body and soul. I'm meditating and doing yoga a few days a week to keep our body fit.

I'm saving money every month so we can buy an investment/vacation home in Palm Springs!

I'm practicing the skill of emotional regulation daily to build that polyvagal muscle.

I am starting to date again so we can increase the chances of meeting our soulmate.

I'm doing so much for your and I'm so excited to see what we manifest together!