

# The Three Phases of YOU: Past Self - Present Self - Future Self

*"Life can only be understood backwards; but it must be lived forwards."*

*~ Søren Kierkegaard*

*(19th Century Danish social critic & author; widely considered to be the first existentialist philosopher)*

## We actually exist in three time periods.

We move back and forth through them, affecting everything from our moods to our health to our success:

### Past self:

- Bedrock of **Identity**
- Foundation of **Beliefs** and **Capabilities**
- Home to memories and regrets
- Lacks Control of **Behaviors** but affects moods and decisions

### Present self:

- Home of joy and satisfaction
- Happiest in the **NOW**
- Maintains the **Locus of Control**
- Learns and adjusts from **Past Self**

### Future self:

- Never really exists but is determined by **Present Self**
- Wants **Present Self** to be more controlled
- Home of fear and anxiety

## A Conversation among Your Selves:

- What did your PAST SELF believe that you now know is wrong?

---

- Why did you change?

---

- How has this affected your PRESENT SELF?

---

- What situation today are you going through that might be heading in the same direction?

---

- What is holding your PRESENT SELF back from releasing your PAST SELF's old habits?

---

- What would your FUTURE SELF want you to do now that are not doing?

---

- Why is your PRESENT SELF resisting?

---

- What can you tell your PRESENT SELF to put it at ease when you begin to feel anxious, fearful or overwhelmed?

---



Intentions Affirmations Manifestations  
FROM "WHAT IF..." TO "WHAT NEXT..."

Scott "Q" Marcus • [www.ThisTimeIMeanIt.com](http://www.ThisTimeIMeanIt.com)

[scottq@thistimeimeanit.com](mailto:scottq@thistimeimeanit.com) • 707.834.4090

[facebook.com/groups/intentions.affirmations.manifestations](https://facebook.com/groups/intentions.affirmations.manifestations)

This handout can be freely distributed, provided all contact information remains intact.

For all handouts, go to [ThisTimeIMeanIt.com/handouts](http://ThisTimeIMeanIt.com/handouts)

