



IT'S A FUTURE SELF THING

📍 ULUWATU - BALI

7 days of intense growth, 2-9th June

Living' a life Future Self Retreat



THE PERSON YOU DREAM TO BE, IS ON THE
OTHER SIDE OF THE HARD YOU AVOID
- COACH FUTURE SELF.



WHY?

AT FUTURE SELF - WE ARE SO PASSIONATE TOWARDS HELPING PEOPLE CLOSE THE GAP BETWEEN WHO THEY ARE TODAY & WHO THEY KNOW THEY CAN BE. NO ONE KNOWS BETTER THAN US THAT REAL CHANGE NEEDS REAL CHANGE AND THAT ISN'T SOMETHING THAT HAPPENS FROM JUST CHANGING WHAT YOU DO, BUT THE INTENTIONAL & CONSCIOUS ACT OF CHANGING WHO YOU ARE.

THE FUTURE SELF APPROACH IS UNLIKE ANYTHING IN THE INDUSTRY AS IT MERGES YOUR FITNESS JOURNEY, LIFESTYLE AND PERSONAL DEVELOPMENT INTO ONE USING THE RIGHT EXPOSURE, TOOLS AND ENVIRONMENT TO FACILITATE REAL LIFE-LONG CHANGE.

WE HAVE SEEN OVER THE YEARS THAT SOMETIMES HUMANS NEED TO BE IMMERSSED INTO AN EXPERIENCE OF WHAT LIVING A LIFE FUTURE SELF IS LIKE, AS THEY CAN STRUGGLE TO DO THESE THINGS ON THEIR OWN. THIS 7 DAY EXPERIENCE IS DESIGNED TO ENCOURAGE, GUIDE & LEAD YOU THROUGH WHAT WE KNOW TO BE SO IMPACTFUL FOR A LIFE.

HOW?

Living a life future self RETREAT 26'

DAY 1 RESISTANCE AWARENESS

DAY 2 PHYSICAL DISCOMFORT

DAY 3 EMOTIONAL EXPOSURE

DAY 4 YOUR FUN & FREE DAY

DAY 5 MENTAL ENDURANCE

DAY 6 FUTURE SELF MISOGI

DAY 7 REFLECTION & HOME

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WHO?

**THOSE THAT;
KNOW THEY ARE ABLE TO BE MORE
UNDERSTAND WHAT TO DO, BUT STRUGGLE TO APPLY IT
WANT TO CHANGE THEIR 6/10 LIFE
ARE WILLING, OPEN, RECEPTIVE, WANTING
HAVE HELD BACK, STAYED STUCK, DOWN PLAYED & OVERLOOKED THEMSELVES
WILLING TO EMBRACE DISCOMFORT, SELF HONESTY, TRUTH & ACCOUNTABILITY**

WHO NOT?

**THOSE THAT;
FIGHT BEING HELD ACCOUNTABLE
AREN'T WILLING TO BE HONEST WITH THEMSELVES
NOT RECEPTIVE OF NEW, DIFFERENT, OR UNKNOWN
ONLY BLAME OTHERS OR THINGS FOR FAULTS IN THEIR LIFE
WANT QUICK FIXES OR CHALLENGE STYLE APPROACH**



NO ONE DESERVES THE WORLD MORE THAN
YOUR FUTURE SELF... DO IT FOR THEM
-COACH FUTURE SELF



CHECK LIST:

- ☐ JOURNAL & PEN
- ☐ TROPICAL ISLAND CLOTHING
- ☐ GYM CLOTHING
- ☐ SWIMMERS/ RECOVERY CENTRE WEAR
- ☐ HIKING SHOES
- ☐ RUNNING SHOES
- ☐ PERSONAL HYGIENE & SELF CARE
- ☐ INDONESIAN ELECTRICAL ADAPTER
- ☐ POTENTIAL SHOWER FILTER
- ☐ STANDARD TRAVEL PIECES
- ☐ INTERNATIONAL E-SMI
- ☐ VISA & PASSPORT
- ☐ TRAVEL/ EXTRA INSURANCE

NITTY GRITTY

7 DAYS OF CHANGING THE REST OF YOUR LIFE

PRICE: (PENDING YOUR CHOICE & IF YOU GO SOLO OR WITH ANOTHER)

\$3000-3500

INCLUDED: 7 DAYS OF INTENSE GROWTH

Day trip/ Jewelry making

5 star accomodation

Massages

Class & recovery sessions

Group transport

2 meal on site private chef

Other health goodies

Work shops & group practices

NOT INCLUDED:

Flights

Visa

Travel insurance

Extra meals/ solo activies

DATE & LOCATION:

ULUWATU BALI INDONESIA

JUNE: 2nd -9th

