
The "Future Me" Vision

A gentle exploration of what life looks like when safety is your foundation.

This is not a rigid "5-Year Plan" or a list of demands. This is simply a space to imagine what peace might feel like as you continue to build your Safe Harbor.

The Future Harbor

When I close my eyes and imagine a day where I feel completely regulated, safe, and entirely myself, it feels like...

Gently Letting Go

One heavy expectation I am choosing to leave behind is:

Gently Inviting In

One small joy or habit I want to make room for tomorrow is:

My Foundation Today

I am building my future on these truths:

(Example: I am safe now. My voice matters. I do not have to earn my rest.)
