

TODAY'S TOPIC: Your Future Self is Watching – Make Them Proud!

1. The Choices You Make Today Shape Your Tomorrow

- Every small decision—whether to work on your dream or stay comfortable—affects your future.
 - Ask: “What would my future self thank me for doing today?”
 - Example: If you skip today’s workout, imagine how future you will feel. If you put in the work today, future you will be stronger, happier, and more confident.
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2. Stop Waiting for the “Right Time”

- There is never a perfect time to start.
 - The only right time is NOW.
 - Ask: “A year from now, do you want to be wishing you started today or proud that you did?”
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3. Progress Over Perfection

- You don’t have to have it all figured out—you just need to start.
 - Taking small, consistent steps beats waiting for everything to be perfect.
 - Imperfect action is always better than perfect hesitation.
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4. Your Mindset is the Key to Everything

- If you believe in yourself and take action, you’ll find a way.
 - If you doubt yourself, you’ll find excuses.
 - Train your mind to see opportunities instead of obstacles.
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5. The 5-Second Rule – Get Out of Your Own Way

- When you feel hesitation, count 5-4-3-2-1 and TAKE ACTION before your mind talks you out of it.
 - Stop overthinking. Stop doubting. Just move.
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6. Challenge for You

- “Comment ONE thing your future self will thank you for if you start today.”
 - Encourage them to take one small step right after watching your video.
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7. Call to Action

- If your future self could talk to you right now, what would they say?
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This topic hits hard because it makes people think bigger than their current struggles and realize that small actions today create a future they can be proud of.

Until next time... Show up for you, before you show up for anyone else.



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