

LEVEL 100 SELF



Current Reality vs. Level-100 Self – Personal Transformation Worksheet

Use this worksheet to reflect on where you are now (“what’s so”) and define your “Level 100” self in the near future. Acknowledging your current reality is the crucial first step for any change – “*Until we acknowledge what’s so, what’s possible stays out of reach*”.

True transformation then comes from **embodying the identity of your future self** who has already achieved your goals. Work through these sections to map your present state, envision your Level-100 self, compare the two, and plan how to bridge the gap.

Welcome to Your Level 100 Self

This workbook is a space for **radical self-honesty and intentional transformation**. You’re here because you’re ready to evolve — to shed the habits, stories, and identities that no longer serve you, and embody the version of you operating at full power.

Before you begin, claim this journey as yours:

Name: _____

Today’s Date: _____

Why I’m doing this now:

(Write a few sentences about what brought you here and why stepping into your Level 100 Self matters to you right now.)

What I want to let go of:

(Habits, beliefs, patterns, or people you’re ready to release.)

What I’m ready to embody:

(Mindsets, values, energy, or identity traits you want to activate now.)

1. Current Reality (“What’s So”)

Reflect on your present reality. In the space below, write down the facts of where you are now in key areas of your life (your “what’s so”). Be honest and objective – describe things as they truly are, without judgment. Consider these prompts as you write:

- **Mindset & Beliefs:** What are your dominant thoughts and self-beliefs right now? Do you have empowering beliefs or limiting ones about yourself and your possibilities?

- **Emotions & Mood:** How do you usually feel day-to-day? (e.g. anxious, content, overwhelmed, hopeful...) What emotions are most common in your current life?

- **Habits & Routines:** What actions do you take regularly? Describe your daily routine, work habits, morning/night routine, etc. Which habits support you and which don’t?

- **Relationships & Environment:** Who are the key people you interact with, and how do they influence you? What does your environment look like (home, work, social circle) and how does it affect you?

Career/School & Finances: What is your current status in your career or education? (e.g. job position, performance, grades) What is your financial situation like presently?

- **Health & Well-Being:** Describe the state of your physical health and mental well-being. (Energy levels, fitness, any health concerns, stress level, etc.)

2. Vision – Your “Level 100” Future Self

Define your Level-100 self. Envision the near-future version of you who is operating at your full potential – essentially the “Level 100” version of yourself. Imagine this is you in the next 6–12 months, after significant growth or success. Think of the **version of you who already possesses the qualities and achievements you desire**. Describe that ideal self in detail, considering the same key areas:

- **Mindset & Beliefs:** What empowering beliefs does your Level-100 self hold? How does this future you think about themselves and the world?

- **Emotions & Attitude:** How do you feel as your best self? (Confident, peaceful, motivated, etc.) What is your general attitude or emotional state in this future vision?

- **Habits & Routines:** What positive habits and daily routines does the Level-100 you maintain consistently (e.g. waking up earlier, regular exercise, focused work blocks, meditation)?

- **Relationships & Environment:** Who do you surround yourself with as your best self? What does your support network or community look like? Describe any changes in your environment (workspace, home, etc.) that support your growth.

-
-
-
-
-
-

-
-
-
-
-
-

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

3. Compare: Current vs. Level-100 Self

Identify the gaps and differences. Now, review what you wrote for your current reality and for your Level-100 self. **Compare the two states** side by side. Where are the biggest differences? What has changed between “what’s so” now and your envisioned future self? Consider your notes on mindset, emotions, habits, relationships, etc., and pinpoint the key gaps. Use the prompts below to note a few major differences or insights:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____

Examples: You might notice differences such as “Current me often procrastinates, while Level-100 me sticks to a daily schedule,” or “Current mindset is self-doubting, whereas future self is confident and self-trusting.” Write down the differences that stand out most for you. This awareness highlights what needs to change.

4. Action Steps to Level Up

Bridge the gap with action. Finally, brainstorm steps to move from your current state toward your Level-100 self. What specific actions, habits, or changes will help you **bridge the gap between where you are and where you want to be**? Consider each difference you identified above – how can you address it? For example, if your future self has a strong morning routine, one action might be “Start waking up at 6am and exercising daily.” If future you is confident, an action could be “Practice daily affirmations and speak up more at work to build confidence.” List **3–5 key steps** you commit to, that will bring your reality closer to that Level-100 vision:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____

Tip: Make sure your action steps are specific and achievable. You’re outlining the “level-up” plan for your life – the more concrete the steps, the more doable they become. **Embody the habits and mindset of your future self starting now**, and over time your current reality will begin to shift toward that vision. Use this worksheet regularly to stay aligned with your Level-100 self, and adjust your action plan as you grow. Good luck on your transformation journey!

Sources: Acknowledge current reality to unlock possibility; Identity shifting – embodying your future self to achieve transformation; bridging the gap from where you are to where you want to be.

