



**THE BECOMING ERA™**  
**THE GUIDE TO YOUR SHIFT FROM NOW TO NEXT**

MAP YOUR NEXT SELF AND MAKE YOUR BECOMING  
INTENTIONAL

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# INTRO

## A WARM WELCOME

Sometimes it feels like you're stuck in the same patterns, even when you know you're meant for more. Maybe you've journaled, written affirmations, or tried mapping out goals, but nothing seems to click.

That's because real change isn't just about what you do—it's about who you're being day to day. This workbook is a chance to pause, check in with yourself, and reconnect with the version of you that already holds the life you're moving toward.

You don't need all the answers right now.

You just need to notice, reflect, and take the next small step forward.

Most advice focuses on what you want to achieve - landing the promotion, hitting that revenue target, or becoming the go-to expert.

This guide flips that script. It helps you get clear on who you need to be each day so the results you want can show up naturally.

So let's get started 😊

*Theresa*

Hi, I'm Theresa 🙌 a mindshift mentor and Coachsultant™, here to help you own your journey, embrace your growth, and step into the version of yourself you've been becoming.

Together, we'll go beyond shallow surface strategies to uncover the version of you who naturally creates clarity, confidence, and aligned success—effortlessly & sustainably.



# FOUNDATION

## WHY YOU'RE HERE

You've tried all the "do more" advice - vision boards, affirmations, staying positive - but it never really sticks.

Maybe it feels like:

- You know what you want... yet keep getting in your own way.
- You're self-aware... yet the same old patterns keep showing up.
- You've done the work... yet your life hasn't caught up.
- You start new habits... yet then lose momentum.
- On the outside, everything looks fine... yet inside, you feel blocked, uncertain, or disconnected.

Here's the truth: you don't need to do more. You need to be more aligned.

The life you're living today reflects who you are being... your daily thoughts, choices, and energy. If you want different results - more clarity, better opportunities, deeper fulfillment - you have to shift who you are showing up as, every day.

Because it's not about chasing outcomes.

**It's about becoming the version of you that naturally embody them.**

So let's get started.



# THE BECOMING ERA™

## YOUR SEASON . YOUR FUTURE.

As your guide on this journey, I want to introduce to you, **The Becoming Era™**

This is a season of life where *who you are now* and *who you're becoming* intersects and integrate.

It isn't about chasing some shinier version of yourself. It's about being the truest version of you – and allow your present reality and future vision work together. Towards your next self.

To do that, we draw from a few timeless philosophies that I've integrated into my life, that allows me to build that bridge with ease:

🌸 **Ikigai** – your reason for being. It's what gets you up in the morning. Not the polished life purpose on a vision board, but the simple pulse of what makes life feel worth living. It's the thing you'd do whether or not you ever got paid or praised for it. In The Becoming Era™, ikigai is your anchor; the quiet reminder of why you're here and what keeps you alive inside the day-to-day.

✨ **Wabi-Sabi** – the art of seeing beauty in imperfection. It teaches us that the cracks, the unfinished edges, and even the mess are part of the design. In The Becoming Era™, Wabi-Sabi invites us to stop waiting for perfect conditions and start practicing in the middle of real life. Becoming isn't spotless – it's textured, imperfect, and more beautiful because of it.

🌿 **Essentialism** – the discipline of less, but better. It's the practice of focusing your energy on what truly matters so it can be done with clarity and excellence. In Japanese thought, this echoes *Shibumi* – the beauty of simplicity and quiet refinement. In The Becoming Era™, Essentialism invites you to prune distractions, say graceful nos, and give your best yes the space it deserves.

And what ties it all together are **habits & routines**.

Small, steady practices that bridge today's version of you with who you're becoming. Because becoming isn't a one-time transformation – it's an integration, layered through daily choices that reflect your truth.

# THE BECOMING ERA™

## STEP 1. AWARENESS

*Before you can shift, you must first see.*

Awareness is where transformation begins. It's not about fixing or forcing change—it's about noticing what's really happening in your life. The patterns, habits, and beliefs that shape your choices. The energy you're holding onto.

This is your foundation. Without it, everything else feels like guessing.

### WHY AWARENESS MATTERS

When you're unaware, life happens to you. Awareness gives you the map. It shows what's serving you, what's draining you, and what's ready for growth.

- You start to see unconscious choices.
- You uncover the stories you've been running—about work, relationships, and your own potential.
- You separate who you are from who you've been conditioned to be.

Take some time to reflect on the question. Capture it. No judgment. Awareness is just noticing. Clarity comes first, action comes next.

### MAP YOUR CURRENT REALITY

What am I tolerating that doesn't feel aligned?

Which patterns keep showing up, even when I want change?

Which beliefs are holding me back from my next self?

# THE BECOMING ERA™

## STEP 2. VISION-CASTING

*Your choices are easier when you know where you're going.*

Awareness shows you what is. Vision-Casting shows what's next. It's the picture of the self you're becoming—the life you want to live, the energy you want to hold, the impact you want to make.

This isn't wishful thinking. It's intentional, grounded, and actionable—a guide for your decisions and daily habits.

### WHY VISION-CASTING MATTERS

Without a clear picture, even good habits can feel scattered. Vision-Casting:

- Anchors your choices in purpose.
- Gives clarity when options feel overwhelming.
- Helps you align small daily decisions with your next self.

Take some time to reflect on the question. Capture it. No judgment. Awareness is just noticing. Clarity comes first, action comes next.

### CAST YOUR VISION

How would my next self show up in my work, relationships, and personal life?

What does a day in the life of my next self look like?

What feelings, energy or essence does my next self carry each day?

# THE BECOMING ERA™

## STEP 3. INTEGRATION

*Your Next Self isn't something you chase - it's something you live.*

This step is about bringing your next self into everyday life. You've seen what is (Awareness) and imagined what's possible (Vision-Casting). Now it's time to integrate those insights into your **daily choices, actions, and habits**.

Integration isn't about perfection. It's about consistent movement toward the self you're becoming. It's showing up in ways that feel authentic, grounded, and intentional.

### WHY INTEGRATION MATTERS

Without integration, awareness and vision remain ideas—they don't transform your life. Integration:

- Turns insight into action.
- Makes your vision real, step by step.
- Builds confidence and trust in yourself as a decision-maker.

Take some time to reflect on the question. Capture it. No judgment. Awareness is just noticing. Clarity comes first, action comes next.

### LIVE YOUR NEXT SELF

What is one thing I can do today that my next self would already be doing?

How can I respond differently to challenges so I show up as my next self?

Which habits or routines can I embed to make living as my next self easier?

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## STEP 4. YOUR BECOMING MAP

Fill this in. Post it where you'll be able to see it every day.

**My Next Self I'm Practicing:**  
*eg. Confident, calm leader who prioritizes my energy.*

**Keystone habit (tiny, daily):**  
*eg. Morning 5-min reflection before emails.*

**Trigger:**  
*eg. Sitting at my desk first thing in the morning.*

**2-minute action:**  
*eg. Write down the top 3 priorities for the day.*

**Visible Track:**  
*eg. Checkmark on my calendar each morning when reflection is done.*

**Ikigai Thread**  
(theme I'm following):  
*eg. creativity + connection + impact- bring more design thinking into my team.*

**Boundary to protect my peace:**  
*eg. No work emails after 7pm.*

# THE BECOMING ERA™

## STEP 5. WEEKLY REFLECTIONS

WEEK:

MONTH:

YEAR:

THINGS THAT I AM MOST GRATEFUL THIS WEEK

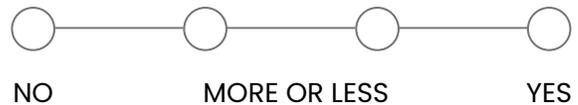
WEEKLY WINS

GOALS FOR NEXT WEEK

ACCOMPLISHED GOALS

- 
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- 

HAVE I FULFILLED MOST OF MY COMMITMENTS?



HOW HAVE I FELT THIS WEEK?



TO START  OK  DELAY  STUCK  CANCEL

# THE BECOMING ERA™

## WHAT IS NEXT?

Awareness, Vision-Casting, and Integration are your first powerful steps—but true transformation doesn't stop here. Your Next Self is ready, and there's a deeper layer of growth waiting for you.

The **System of Self™** is designed to help you:

- **Anchor daily rituals** that support your peace, presence, and purpose.
- **Clarify priorities** so your time, energy, and focus go to what truly matters.
- **Refine your decision-making** using principles, not impulses.
- **Build habits with intention** that feel effortless and sustainable.
- **Live with mindful excellence**—embracing *progress over perfection*, and simplicity over clutter.

This is about **living as your Next Self every day**, not just imagining it.

If you're ready to go deeper—to fully embody your principles, live intentionally, and design a life aligned with your purpose—you can **join the waitlist for the System of Self™ today**.

Your next step isn't about perfection—it's about showing up consistently for yourself. Every choice, every habit, every moment brings you closer to your Next Self.

[JOIN THE SYSTEM OF SELF™ WAITLIST](#)



Theresa | Coachsultant™

