

ISP

IDENTITY SENSORY PROJECTION

A structured method for constructing a sensory-rich representation of a future identity, and deliberately projecting it backward into the present as a reference point for current choices and behavior.



LEARN HOW TO MANIFEST YOUR FUTURE IDENTITY



INTEGRATE THE PAST

Learn from experience and release what no longer serves you.



EMPOWER THE PRESENT

Strengthen awareness, make aligned choices, create momentum.



PROJECT THE FUTURE

Connect with your future self and access new perspective.



EXECUTE WITH PURPOSE

Take inspired action today to build the life you are becoming.



CREATED BY MIND VALLEY ULTRAMIND GRADUATE



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Participant Workbook

72-Hour Future-Cast Orientation — session log & quick reference

A fillable, reusable companion to the Identity Sensory Projection framework. Type directly into the boxes on screen, or print it and write by hand. **To use it more than once:** save your own copy before filling anything in (File → Save As), and save a fresh copy each time you start a new cycle.

Four Session Log pages are included — three for the initial three-day orientation (Day 1, Day 2, Day 3), and one open template for any cycle after that. Photocopy or re-save the template page for further use.

CONTENTS

- 2 How this works — the construct, the exercise, and the guardrails
- 3 Session Log — Day 1
- 4 Session Log — Day 2
- 5 Session Log — Day 3
- 6 Session Log — open template (reuse for any later cycle)
- 7 Notes & safety reminder

How this works

Identity Sensory Projection (ISP) is a structured way to construct a vivid, sensory-rich picture of a near-future version of yourself, then use that picture as a reference point for what you do today. It is not prediction — it's a method for noticing what's hard to see from the present alone.

THE PROCESS



THREE ROLES, ONE CYCLE

- **Past informs** — Past-Cast supplies memory, experience, and evidence. Data, not destiny.
- **Future directs** — Future-Cast is the constructed identity — seen and sensed vividly enough to orient you.
- **Present executes** — Back-Cast brings that identity into now. You operate from it — you don't just consult it.

THE 72-HOUR EXERCISE, IN BRIEF

- 1 Enter the hallway; walk to the door marked Future Self, 72 hours away.
- 2 Open it, meet Future Self, embrace.
- 3 State one specific inquiry — not “tell me the future.”
- 4 Listen (~60–90 sec). Ask what to do next. Listen again (~90–120 sec).
- 5 Convert what emerges into one if–then plan.
- 6 Return — five steps — present day.

FIVE GUARDRAILS



USING THIS WORKBOOK

Fill **BEFORE** right before you begin the exercise. Fill **AFTERWARD** immediately after you finish. Fill **END** three days later, once you can compare the projection to what actually happened.

SAFETY

This workbook supports judgment — it doesn't replace it. Never treat what Future Self says as the sole basis for a major financial, medical, legal, or safety decision.

Day 1

Initial orientation — first 72-hour cycle

DATE / TIME STARTED

HORIZON (E.G. '72 HOURS')

BEFORE — FILL RIGHT BEFORE YOU BEGIN

1. What am I projecting about?

2. What is my desired outcome?

3. What am I currently expecting?

AFTERWARD — FILL IMMEDIATELY AFTER

4. What did Future Self communicate?

5. What action did I bring back?

6. What will I do in the next 72 hours?

tip: "When _____ occurs, I will _____."

END — FILL THREE DAYS LATER

7. What actually happened?

8. What was useful?

9. What was inaccurate?

10. What became new identity evidence?

Day 2

Initial orientation — second 72-hour cycle

DATE / TIME STARTED

HORIZON (E.G. '72 HOURS')

BEFORE — FILL RIGHT BEFORE YOU BEGIN

1. What am I projecting about?

2. What is my desired outcome?

3. What am I currently expecting?

AFTERWARD — FILL IMMEDIATELY AFTER

4. What did Future Self communicate?

5. What action did I bring back?

6. What will I do in the next 72 hours?

tip: "When _____ occurs, I will _____."

END — FILL THREE DAYS LATER

7. What actually happened?

8. What was useful?

9. What was inaccurate?

10. What became new identity evidence?

Day 3

Initial orientation — third 72-hour cycle

DATE / TIME STARTED

HORIZON (E.G. '72 HOURS')

BEFORE — FILL RIGHT BEFORE YOU BEGIN

1. What am I projecting about?

2. What is my desired outcome?

3. What am I currently expecting?

AFTERWARD — FILL IMMEDIATELY AFTER

4. What did Future Self communicate?

5. What action did I bring back?

6. What will I do in the next 72 hours?

tip: "When _____ occurs, I will _____."

END — FILL THREE DAYS LATER

7. What actually happened?

8. What was useful?

9. What was inaccurate?

10. What became new identity evidence?

Open Template

Reuse for any cycle after the initial orientation

DATE / TIME STARTED

HORIZON (E.G. '72 HOURS')

BEFORE — FILL RIGHT BEFORE YOU BEGIN

1. What am I projecting about?

2. What is my desired outcome?

3. What am I currently expecting?

AFTERWARD — FILL IMMEDIATELY AFTER

4. What did Future Self communicate?

5. What action did I bring back?

6. What will I do in the next 72 hours?

tip: "When _____ occurs, I will _____."

END — FILL THREE DAYS LATER

7. What actually happened?

8. What was useful?

9. What was inaccurate?

10. What became new identity evidence?

Notes & continued use

Ran out of Session Log pages? Save this file under a new name, delete the filled-in Session Log pages you no longer need, and keep the blank template for the next cycle — or just re-download a fresh copy of this workbook.

As cycles accumulate, look back across your END answers for patterns: which projections turned out useful, which were consistently inaccurate, and which pieces of identity evidence keep showing up. That pattern — not any single session — is what the practice is actually training.

OPEN NOTES

SAFETY — REMINDER

Future imagery is simulation, not foreknowledge. Treat everything in the END section as a hypothesis for present consideration, not a fact about what will happen.



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