

A LETTER FROM YOUR FUTURE SELF

ACTIVITY

Time Needed

10–15 minutes

Materials

Paper

Marker/Pencil/Pen

Activity Description

It's easy to get caught up in today, but what if you could hear from the version of you that's already made it?

In this activity, you'll imagine your future self living the life you want and write a letter to the person you are right now. Think of it like advice from your biggest supporter: you.

Suggested Steps

1. Write a short letter from your future self to your current self. Picture the future you as someone who has reached your goals and is living a life you're proud of.

In your letter, include:

- Advice your future self would give you
- What you're doing now that's helping you reach your goals
- What might get in the way or hold you back
- How your future self would cheer you on to stay focused and strong

