

Letter to Future Self

Writing a letter to your future self is a reflective exercise that connects the present with your long-term goals. This personal time capsule helps you to articulate your aspirations and create dreams for what's to come.

This exercise emphasizes the importance of self-reflection in planning for the future. It teaches you how to think long-term while remaining anchored in your present values and goals. Revisiting your letter at a later date can serve as motivation and provide an opportunity to check on your alignment with your original intentions.

STEP 1

Setting the Context

Before you begin writing, take a moment to reflect on your current situation:

- What excites you most about your life right now?
- What are the biggest challenges you're currently facing?
- How do you envision your future self looking back on this moment?

Write these thoughts down as a preamble to your letter to help ground your reflections.

STEP 2

Begin Your Letter

Start your letter with a warm greeting to your future self. For example:

- "Dear Future Me," or "Hello, [Your Name] from the Future,"
- Mention the date and where you are in life right now to set the scene.

STEP 3

Reflect on Key Themes

Use the following prompts to guide your writing:

Your Career Goals

- What specific career milestones do you hope to achieve in the next year (or chosen time frame)?
- Are there skills you want to develop, or roles you aspire to?
- What would success look like to you?

Your Personal Goals

- What relationships or connections do you want to nurture?
- What personal milestones (for example: health, learning, travel, hobbies) do you hope to achieve?
- How do you hope to grow emotionally or spiritually?

Your Fears and Concerns

- What worries or uncertainties weigh on your mind?
- How do you hope your future self has overcome these challenges?

Your Hopes and Aspirations

- What excites you most about the future?
- What kind of person do you hope to become?
- What kinds of impact do you want to have on others or the world?

Advice to Future You

- What advice would you give to your future self?
- What words of encouragement would you offer if the journey has been tough?
- How can your future self stay true to your current values and goals?

STEP 4

Closing the Letter

Conclude with a note of hope or a challenge for your future self.

- Example: “No matter what happens, always remember why you started,” or “I hope you’re smiling as you read this. Keep going!”
- Sign the letter with your name and the current date.

STEP 5

Save Your Letter

Decide how you want to revisit your letter:

- Seal it: Write the date when you’ll open it and store it in a safe place.
- Save it digitally: Use a file or email service to send the letter to yourself on a future date.
- Print it: Keep a printed copy in a journal or notebook.

Reflect

When you revisit your letter, ask yourself:

- Have I achieved the goals I set out for myself? If not, why?
- How have I changed since writing this letter?
- What can I learn from my past self’s hopes and fears?

write your letter here and cut it out to save

Date



