

A Letter From My Future Self

Imagine who you are and where you want to be in the future. How could this future self help your present self? What would you want your present self to know?

■ WHAT I NEED MYSELF TO KNOW

Are there any words of encouragement, mantras or reminders your future self could give you? Are there any acts of kindness or positive stories to share?

■ ADVICE I CAN GIVE MYSELF

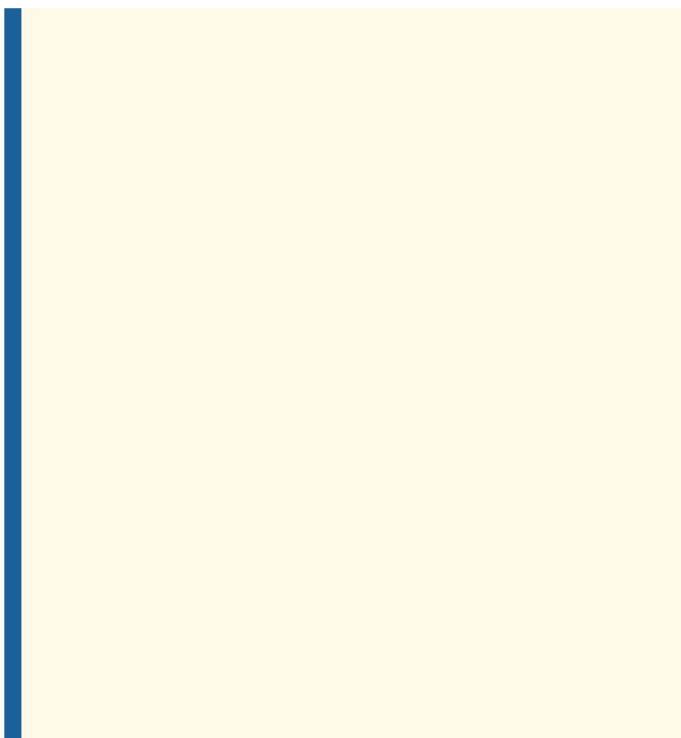
Are there any strategies that your current self could use? Any ways that could help your current self feel calmer, more in control and able to look forward?

■ WHAT I HAVE LEARNED FROM MY EXPERIENCES

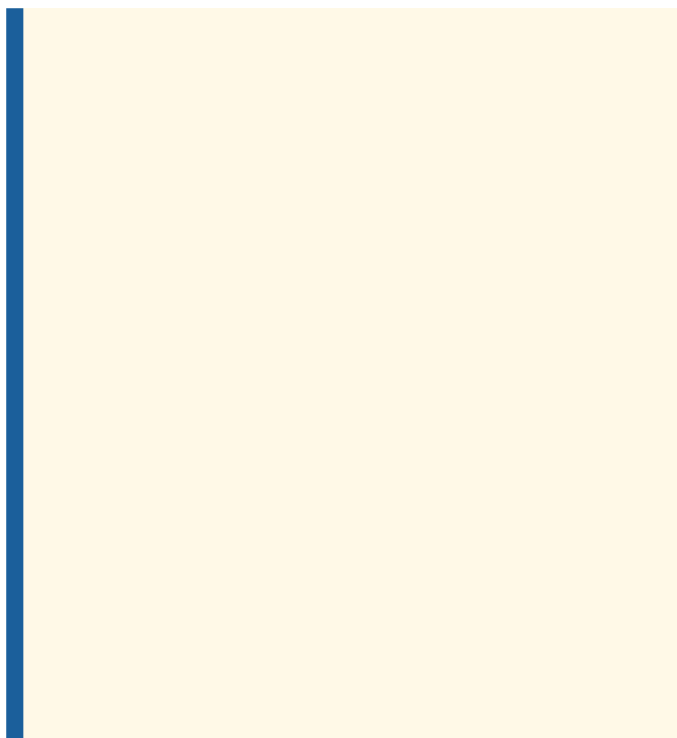
What will your experiences have shown you? Will you have learned anything new about yourself? What positive messages could your future self give you?

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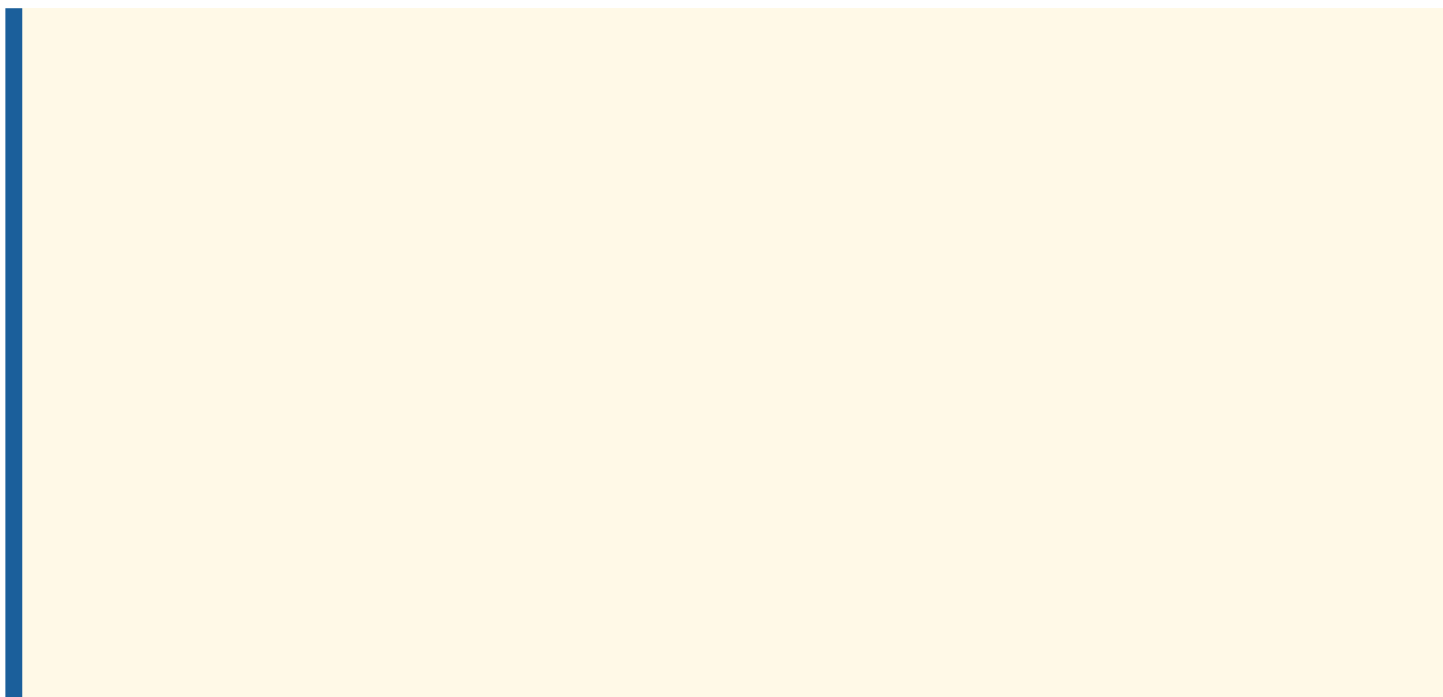
WHAT I NEED MYSELF TO KNOW

A large yellow rectangular box with a thick blue vertical line on the left side, intended for writing.

ADVICE I CAN GIVE MYSELF

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WHAT I HAVE LEARNED FROM MY EXPERIENCES

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