



A Letter to My Future Self

Write this today. Read it later. Let yourself be honest about where you are.

Dear future me...

Right now, my life feels like...

What is on my mind these days...

Something I hope has changed...

Remember this

Something I never want you to forget...

Someone or something I am grateful for...

Something I am proud of myself for...

■ Keep going

If things did not go according to plan, I hope you remember...
What I want you to keep choosing...