



# Dear future me

## Write a letter to yourself

It isn't always easy to imagine what the future will hold. But no matter what lies ahead, getting a note of encouragement written by you, to you, is an amazing gift that only you can give. It can illuminate how much you've grown — or perhaps, show the parts of you that are enduring and unchanging.

To craft your letter, print this template and spend some time writing down your thoughts, doodling or making predictions about your future self. For inspiration, watch the short film *Dear Future Me*. You'll see exactly how fun, surprising, and insightful writing a letter to yourself can be.

After you complete your letter, put it in an envelope addressed to yourself — we recommend keeping it sealed for at least six years. Put it somewhere safe and avoid the temptation to open it early. Perhaps a friend or a relative would hold on to it for you? Even better, find a writing buddy to help keep each other's letter safe.

### Things to include :

1.

Events from this year: Family, vacations, school, community, in the news, the world around us.

2

Describe your typical day: Where do you live? What is your home like? What you do for fun? It's good to list your current hobbies, interests, favorite foods, TV shows, apps, and musicians to see how your tastes have changed or stayed the same.

3

Make a prediction about the future: Describe how you imagine the world will be in six years. What will have gotten better? What are you worried about? Is there an invention you can't wait to be made?

4

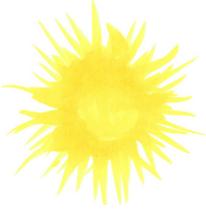
Ask your future self some questions: Where are you living/working? Did you reach your goals? Are you still in love with \_\_\_\_\_ ?

5

Add photos, news clippings, or artwork to the envelope, if you like.

Dear future \_\_\_\_\_ )  
( Your name )

My life now:



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Our world today:



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3 Things to remember:



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My hope for the future:



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Doodle here:

Signed,

\_\_\_\_\_  
( Your name, date )