**Letter to Your Future Self**

Human beings are obsessed with living in the moment, and we’re constantly keyed-in to our current surroundings, conditions, and situations. Sometimes, though, it’s important for us to escape from the present and focus on the future. In doing so, we can relieve some of our daily stress and be comforted by the bigger picture of life. For this assignment, you are to compose a letter to yourself that you’ll read on the last day of school.

**Please consider the following as you write to yourself:**

* + - Start by **showing gratitude** -- remind yourself of all the good in your life right now
    - Next, write down a **memory of an event** that you learned from
    - Share **three (3) goals** you have (be totally honest) for this year and why they’re important to you \*\*\*The more specific you are, the more likely you’ll be to succeed
    - Explain **what concerns you most about the upcoming year** – what might be causing you anxiety or keeping you up at night
    - Explain **three things you’re excited about**
    - Remind yourself who **the three (3) most important people in your life** are right now, and WHY they’re so important to you

**Your letter should meet the following requirements:**

* + - It should be written in the 2nd person (use the pronouns *you, your,* and *yourself*)
    - It should be formatted like a letter
    - It should be written in complete sentences
    - It should be 6 paragraphs long (one paragraph for each of the bullet points above)
    - It should be dated (in the upper right-hand corner)
    - It should reflect 100% effort