



Letter from Your Future Self

Instructions:

1. Light a candle, center yourself and write down a bullet list of tangible goals you want to achieve over the next year.
2. For each item on the list, sit and imagine what it would feel like if you achieved the goal (ie. "I am feeling more confidence now that I have an established routine").
3. Now, write a letter to yourself from the perspective of you a year from now. This letter will contain two main sections:
 - a. **A reflection on how it feels to have achieved your goals:** describe how you feel now that you've accomplished all the goals you listed in (step 1) - and be sure to include what the resulting feelings were now that you've accomplished your goals (step 2.)
 - b. **A reflection on how far you've come in the past year:** write about where you are now in the current year before embarking on this journey. What are the hurdles you would need to overcome to achieve your goals? This section of the letter should be a reflection of how proud you are of yourself for being able to work past any blockers that were getting in the way of achieving your goals.

Example:

Dear Myself:

Today is [month], [year]. I am waking up in my beautiful place surrounded by trees and birds in the countryside. I see my loving partner, who supports me every step I take, sleeping right next to me. Being in this healthy relationship has created more space for love, abundance, and joy. I am so grateful to have him.

About a year ago, in [month], [date], [year], I was struggling to figure out what I wanted in my relationship. I wasn't clear about what I wanted to receive from my future partner. I have done so much work and practiced my communication skills to express my needs and desires with soft and tender feminine power.

Looking back, I was struggling with X, Y, and Z (*relationship, career, family, finance, self development, etc. lists of areas you are struggling now, describe using 6 senses, more vivid, graphical is better*): I felt uncertain about what I wanted in a partner. The smell of fresh coffee in the mornings reminded me of the conversations we never had, the soft touch of the sheets felt cold and distant, and the bright colors of our surroundings seemed dull. I felt lost in my career. The sound of typing on my keyboard felt monotonous, the visual clutter on my desk reflected my confusion, and the taste of late-night takeout symbolized my lack of direction.

Now, I am/have (X, Y, and Z,) in a loving relationship where communication flows effortlessly. The smell of freshly baked bread fills our kitchen, symbolizing our shared moments. His touch is a daily reassurance of our bond. I cherish myself and practice self-love daily. The scent of essential oils during my meditation sessions brings peace, the colors in my wardrobe reflect my confidence, and the textures of my favorite clothes bring comfort and joy (Self-Love and Acceptance). I am passionate about my work and feel fulfilled every day. The sound of enthusiastic conversations with colleagues makes me satisfied and endless energy with joy and motivation. Now I have achieved financial stability. The sight of my balanced checkbook \$_____ amounts and the feeling of security it brings is a testament to my hard work and discipline. My family dynamics are healthier than ever. Now I have healthy boundaries with my family and know how to communicate without resentment or anger, rather, stay calm and peaceful. The warmth of hugs, and the joyful conversations we share have strengthened our bonds.

With love and gratitude,

[Your Name]

Helpful Resources:

Can't find the words to describe how achieving your goals will make you feel in your body? Check out the Wheel of Emotions to help capture phrasing that helps you embody your future emotions:

THE WHEEL OF EMOTIONS

