



Letter to My Future Self

This activity is designed to help you visualize your life moving forward. Use this worksheet to draft a letter to your future self that describes your strengths, accomplishments, the dreams you have, your goals, and the type of life you visualize for yourself.

Instructions

Fill in the blank lines with appropriate words or phrases that describe you, your future, and your goals. (Make sure to complete the back of the page too.)

Dear _____ (your name),

I've been thinking a lot about what I want to be when I grow up. Ten years from now, I hope I am on my way to becoming, or have become a _____
(list jobs/careers you hope to have in the future).

Some things I am interested in right now are _____ and _____
(things you like to do). I wonder if I'll still be interested in those ten years from now.

I'm proud of myself because this year I have _____
_____ (something you've accomplished this year).

I'm confident that within the next year I will _____
_____ (a goal you want to accomplish over the next year).

Something I hope to have achieved in ten years is _____
_____ (a long term goal you have for yourself).

I know I'll be able to achieve my ten year goal if I _____ and _____ (things you will do to help you achieve your goal).

I'm starting to think about high school now. During high school, I want to participate in _____ and _____ (sports/clubs/activities you want to participate in during high school).

The most important thing I have to remember when I go to high school is to _____ (What do you need to remember when you go to high school?)

If my life ten years from now had a hashtag I would want it to be _____ or _____ (your hashtags).

I hope in ten years _____ and _____ will bring me happiness. (Visualize your life. What do you want it to look like?)

I've learned some things throughout elementary school and in the 7th grade. One piece of advice I would like to remember ten years from now is _____ (a piece of advice).

Love,
_____ (your name)