

Dear _____,

I am writing to myself, _____ year(s) from now. Today's date is _____.

When I receive this letter, I hope to have accomplished the following (be specific):

1)

2)

3)

I hope to remind my future self:

What advice would you give yourself today if you could talk to yourself 5 years ago?

What is your biggest fear for your future? How can you overcome this fear?

What would you want your _____, (insert name of friend, spouse, kids, or family member) to know if this is the last thing they ever hear from you?