

# A



# TO YOUR FUTURE SELF



September 1<sup>st</sup> 2025



1. Summurise your current self.

1. Your current interests, your activities. This way you can see how much your life has changed.

2. Note your fears.

2. What are you afraid of?  
Speaking in front of a group or not getting your Higher National Degree....

3. Identify your values.

3. Write a sentence (a credo) that guides you in your life.  
*"No one is you and that is your super power!"*

4. Note your skills and abilities.

4. Tell how good you are at something (professional subjects; French; English; sports; manual work...)

5. Define your goals and hopes.

5. Write about things that are important to you now. Also think about what you want to accomplish in the future.

6. Address your future self.

6. Add things you want to stop, continue and start doing.

7. Give yourself advice.

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Ex: Invest money!  
Don't worry so much!  
Save up money for a nice car!

8. Send a letter to your teacher.

8. Send a catch up email to your former teacher Mrs LOREZ to tell her what you have become.

Here is my email address:  
rozenn.lorez@gmail.com



Go to the

<https://www.futureme.org/letters/new>

Sign up for free; write your letter to your future self. Don't forget to set up the specific day: (September 1<sup>st</sup> 2025)

