

# Letter To Future Self



## LETTER FROM THE FUTURE YOU:

Choose a time 3-5 years in the future. Imagine your best case scenario, and describe to your current self where you are.

Have your future self answer the following questions:

- What do you need to do to get to this point (ie, eat right, exercise, get check ups)
- What does your future self love that you are doing now?
- What does your future self want you to work on?
- What does your future self want you to let go?
- What does the future self want you to focus on?

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