

WHY WRITE TO YOUR FUTURE SELF?

Writing a letter to your future self is a simple but powerful way to check in with who you are right now—and cheer on the person you're becoming. It's not about having all the answers. It's about noticing your thoughts, your hopes, your wins (big or small), and leaving yourself a message you'll be glad to read later.

A Chance to Pause and Reflect

- Get clear on what actually matters to you right now
- Notice how you're feeling—and what you're learning about yourself
- Capture the dreams, goals, and random thoughts you don't want to forget

A Reminder of Growth

- See how far you've come when you read it later
- Get a boost from your own words during tough times
- Remember: progress doesn't have to be perfect—it just has to be yours

A Bit of Motivation for Later You

- Leave behind encouragement, kind words, and reminders you might need
- Reconnect with what lights you up, even if things get cloudy
- Be your own biggest cheerleader (you're more inspiring than you think)

When to Open Your Letter

On a specific future date (e.g., one year later, five years later).
When you need a confidence boost or reminder of your journey.
After achieving a goal or reaching a milestone.
Anytime you want to reflect on how much you've grown.

A LETTER WORTH WRITING

Writing to yourself isn't just a feel-good activity—it's a way to reflect, reset, and grow. This printable gives you gentle prompts to help turn your thoughts into words (even if you're not sure what to say yet).

Use this letter to:

- Celebrate what makes you you
- Let go of what's been holding you back
- Send a little encouragement to the future you who might really need it

Print and handwrite your letters for a personal touch.
Store your letter in a journal, a special envelope, or a memory box.
Revisit and read them when you need encouragement.
Set a future date to open your Letter to My Future Self.
Use the blank page at the end to write freely about

Because sometimes, your own words are exactly what you need to hear.

PROMPT IDEAS

I hope that when you read this, you're feeling proud of how far you've come—even if things didn't go exactly to plan.

Today, I want to remind you of what really matters to you right now.

At the moment, I'm feeling...

Some things I hope you've done (or at least tried!) by now are...

One thing I don't want you to forget, no matter what, is...

If things ever feel tough, I want you to remember this...

With kindness and courage,

Your signature here

Date

To be opened on: _____

LETTER

TO MY FUTURE SELF

[illegible]

To be opened on: _____

LETTER

TO MY FUTURE SELF

[illegible]