## A letter to my x future self



## Today's Date

Dear me,

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## Instruction

Sometimes, hearing encouraging words from a loved one is exactly what we need. Other times, it feels best when it comes from our own internal voice.

Think of your hopes or dreams for the future. Envision the best version of yourself. What traits do you have? What actions can you take to get there? What compassion can you give yourself?

Feel free to store this letter in a safe space and return to it in the future.



**Sincerely,** Myself

