A letter from my future self

Write to yourself from ten years on, looking back at what you are facing now.

Imagine yourself ten years from now. You have come through what you are facing today. You are wiser, calmer, and kind towards the person you were. Write a letter from that future self to you, as you are today.

You might include

- What I can see you are going through
- What I want you to know about how things turn out
- What I am grateful to you for doing
- What I wish you would worry about less
- What I hope you will start, or stop
- What matters, looking back

Dear me,

Afterwards

What piece of advice stands out?

One thing I will do because of it

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