A letter to my future self

Write it the night before the birthday. Seal it. Open it on the next one.

Dear _____ at ____ (next year's age), Written on: ____ / ____ / _____ Open on: ____ / ____ / _____

1. RIGHT NOW

Where are you sitting as you write this, and what is the one thing on your mind that you will have forgotten by next year?

2. PROUD OF

One thing from this year you did properly. Not the biggest; the one you would not have managed two years ago.

3. AFRAID OF

Name the thing you are nervous about for the coming year, in one sentence. Future you will want to know how it went.

4. ONE SMALL TRUE THING

By the next birthday, I want it to be true that ___. Make it small enough to actually happen.

5. A QUESTION FOR THEM

Ask future you one question you cannot answer today. They will write back; the app seals the reply for a later you.

6. THE LAST LINE

Say something kind, the way you would to a friend who is a year older and tired. Then sign it with the date.

Free from Honest Little Apps, makers of Dear You: Daily Letters for iPhone, which seals a letter until its date even from you. A letter is a letter, not a mental-health service.

Optional: open the birthday-letter guide and interactive prompts

udrwu9c0tjuedqy2.github.io/hla-relationships/dear-you/letter-to-your-future-self-template-birthday/