**A Letter to Myself**



# Placeholder image

Write a letter to your future self. You could write to your future self who is graduating high school or write to future self who is in your 20s, 30s, 40s.

The purposes of doing this “Letter to Self” are:

To provide a record of your life and who you are now

To anchor in time your current views, attitudes, philosophy, and outlook

To explore your feelings and opinions about a variety of issues

To create a document that, years from now, will have significant value to you.

**There are six parts of the “Letter to Self” to include:**

**ME, NOW:** my hopes, fears, dreams, intentions, goals, problems, concerns, likes, dislikes, joys, frustrations; what I like about myself; what I don’t like about myself; what I’m proud of; what I think about; what bothers me; who I am, etc.

**MY WORLD:** a description of my home, bedroom, school, neighborhood, town; my favorite places to go; chores, allowance, pet(s), possessions, clothes, religion, current events; FAVOURITES – books, music groups, movies, TV, etc.

**WHAT I DO:** my hobbies, pastimes, sports, school activities; what I do when I’m alone; what I do with friends; favorite snacks and foods; chores; how I spend my weekends and vacations; special activities I do, organizations I belong to, etc.

**PEOPLE IN MY LIFE:** my family, siblings, aunts & uncles, grandparents, friends, best friend(s), teachers, the opposite sex, “him” or “her”, who I like, people I’d like to know better, people I admire and respect, important people in my life, people who annoy me, etc.

**MY PAST:** where I was born, where I lived, growing up, childhood accidents, childhood memories, schools I attended, previous pets, trips I’ve taken, important events in my life so far, former friends, former teachers, teams I played on, previous romances, etc.

**MY FUTURE:** predictions, what I want to do, my long range intentions, what I’m looking forward to; what I’m dreading; *my goals*, *my hopes* and fears for the world; summer vacation, high school, college, marriage, employment, etc.

In doing this “Letter to Self,” you do not have to write about each idea in a sub-topic, only about what is important to you. You may also want to write about something important to you that isn’t mentioned above. Create your own categories! This “Letter to Self” is for you, and it should deal with the elements and aspects that are important and real in your life – the good, the bad, and the ugly! The more honest you are with yourself, the more you will appreciate and value your Letter to Self in years to come.

**Due dates:**

Step 1 = Brainstorming due Thursday June 14th

Step 2 = Rough draft due Monday June 18th for a grade (10 points will be taken off if not completed.)

Step 3 = Final Draft due Friday June 22nd

**REMINDERS:**

* Each category should be a paragraph in your letter. Don’t forget to use standard letter writing style, including a “Dear Self” and a “Sincerely, Love, Best Wishes etc.” in your last line before you sign your name. Skip lines or double space.
* **Type the final draft of your letter in:**

12 font size, double-spaced

Times New Roman

No more than 1 “ margins

Your name, date, my name and block in top left hand corner(single-spaced)

* Points will be subtracted if proper format is not used.
* 10 points will be taken off each day late.
* No papers will be accepted after Friday June 22nd, 2018, unless there are extenuating circumstances, which have been discussed with me.