

A Letter to My Future Self

WRITTEN

To help students think about their future, set positive goals, and reflect on their personal growth, fostering a mindset of progress and achievement.



Learning Intentions

I can set goals for the future and reflect on my growth:

This helps students think about their aspirations and consider how they want to grow and develop over time.

I can express my hopes and goals through writing:

This encourages students to articulate their thoughts and dreams for the future, reinforcing self-awareness and personal growth.

I can reflect on how I want to improve and achieve my dreams:

This helps students consider their strengths and areas for improvement, setting the foundation for goal-setting and personal development.



Success Criteria

Writing a Letter to My Future Self:

Students can write a letter to their future self, reflecting on their aspirations and expressing them in writing.

Setting Goals for My Future:

Students can set one or more goals for their future, identifying specific things they hope to achieve or improve upon.

Explaining How I Want to Grow and Develop:

Students can explain how they want to grow and develop, thinking about the steps they need to take to achieve their goals and reflecting on their personal growth.



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Objective: To help students think about their future, set positive goals, and reflect on their personal growth, fostering a mindset of progress and achievement.

Players: Perfect for small groups, classrooms, or individual reflection.

Materials:

- Paper
- Crayons, markers, or pens

Setup: Provide each student with a piece of paper and access to crayons, markers, or pens. Encourage students to think about their future and what they would like to achieve.

Game Play:

1. **Reflect on Your Future:** Ask the students to think about where they want to be in the future. What do they hope to achieve? How do they want to grow as a person? Encourage them to focus on both personal and academic goals.
2. **Write a Letter to Your Future Self:** Have the students write a letter to their future self, sharing their hopes, dreams, and the goals they want to accomplish. They can also reflect on the qualities they want to develop and how they plan to achieve these goals.
3. **Reflect on Your Growth:** After writing the letter, ask students to reflect on the things they need to do now in order to reach their goals. What small steps can they take each day to work toward their future?

Reflection Prompt:

- What do you hope to achieve in the future?
- How do you want to grow and develop?
- What small steps can you take today to reach your goals?

Winning the Game: There is no winner in this activity. The goal is to help students think about their future, set meaningful goals, and reflect on the steps needed to achieve them.

Additional Notes: A Letter to My Future Self encourages students to set positive goals for their future and reflect on the importance of growth. By visualising their goals and thinking about the actions required to achieve them, students can develop a stronger sense of direction, purpose, and self-motivation. This activity promotes goal-setting, self-reflection, and long-term planning.

