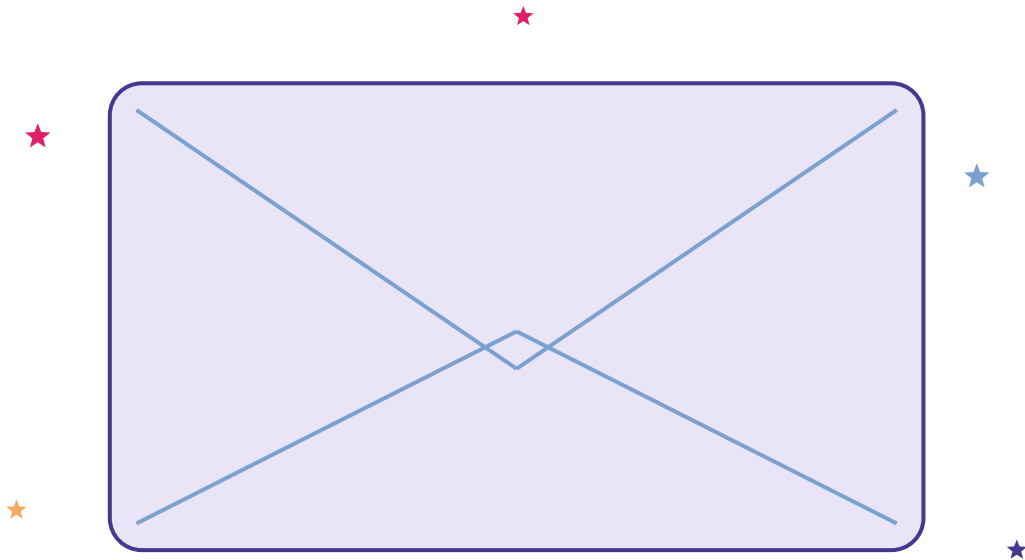


Letter to My Future Self

A gentle space to write to the person you are still becoming.

★
1 / 5
★



You do not need to know exactly who your future self will be. This is simply a place to notice where you are now, what you hope to carry with you, and what you would like the person reading this one day to remember.

You are allowed to grow without having everything figured out.

Write honestly, gently, messily or briefly. This letter belongs to you.

Where I Am Right Now

Before writing forward, take a moment to notice the present.

★
2 / 5
★

★ Something I am proud of

What have you handled, learned, created or survived?

★ Something I am still discovering

About yourself, your identity, your relationships or your life.

★ What feels important to me right now

People, values, hopes, communities, interests or everyday things.

★ Something I want to remember about this version of me

A feeling, habit, dream, joke, place, person or tiny detail.

★ Something I am learning to give myself

Patience, permission, rest, confidence, space, kindness...

What I Hope You Remember

A few things worth carrying into whatever comes next.

★ 3 / 5
★

★ I hope you still make space for...

★ I hope you never forget that...

★ I hope you have become braver about...

★ I hope you have let go of...

★ I hope you are surrounded by...

★ I hope you still find joy in...

Your future does not have to look a particular way to be meaningful.

Dear Future Me...

Now write the letter in your own words.

Date written

Open / read on

★

Dear future me,



With love,



A Little Note for the Journey

You can leave a few final reminders here before you close the letter.

★ When things feel difficult, I hope you remember...

★ One thing I hope you have experienced...

★ Something I hope you are proud of yourself for...

★ If life looks different from what I imagined, I want you to know...

You do not have to become someone else to keep becoming yourself.

Come back to this letter whenever the time feels right.