

**Dear Future Me,**

A young man with short brown hair and black-rimmed glasses is sitting and looking down at a notebook he is holding. He is wearing a blue button-down shirt. The background is dark and textured. The text 'LIVE WELL UTAH' is at the top, and 'Dear Future Me, WHY YOU SHOULD WRITE A LETTER TO YOURSELF' is overlaid on the bottom half of the image.

LIVE WELL UTAH

*Dear Future Me,*

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WHY YOU SHOULD  
WRITE A LETTER  
TO YOURSELF

*Have you ever wondered what you will be like and what you will have accomplished 10 years from now? Are there lessons you've learned you never want to forget? How about writing a letter to your future self and connecting yourself to the future?*

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***Dear Future Me:***

*How are things going? Have I been following my dreams? Have I made it?*

*I understand if I'm not where I thought I would be. Sometimes things work out differently than expected, but have I made the most of what I've been given?*

*Right now, my goals include buying a house within five years and getting settled in my career. I would like to be married and start a family, but I also understand those things don't always go according to plan. After some time, I would like to start a small business, maybe even sell products at the local farmers markets. Currently I'm not sure what product I want to sell, but I know inspiration will come as I continue to explore new ideas.*

*Future me, I hope I am still a saver when it comes to money. There are so many things I want to do and see, and it won't happen if I spend more than I make. But I'm trying to set good habits now so I can be more successful.*

*Future me, have my dreams changed? Have I myself changed and grown? I hope I have, and I hope I am a better person than I*

*am today. I hope I continue to help those less fortunate and become a friend to all.*

*Keep moving forward despite the hard and discouraging times; success is always within reach. Smile, it will help me feel better and brighten the day of those around me.*

*I believe in me!*

*Love,*

*Me*

Writing a letter to your future self is something that can be truly beneficial. Do you ever look back on your recent past or distant past and think, "I've changed so much," or "I haven't quite accomplished what I hoped to at this point in my life?" Have you forgotten what your dreams were five or 10 years ago?

I want to invite you to write a letter to your future self. Pick a date – five, 10, 20, or however many years in the future you'd like. Include things that are meaningful to you, hopes, dreams, passions, apprehensions, fears, etc. For example, you could write about a weakness you are trying to overcome and in the years to come, you may find that though it was challenging, you were able to change.

Other things you may include as you write your letter:

- Things you've learned in life and want to keep close
- Things you'd like to improve
- Things you think you are already good at
- Motivational thoughts
- Dreams and goals
- Financial, career, and family goals and plans
- What motivates you to work hard

- Dates you are planning to have some specific things accomplished
- Ask yourself things you truly wonder about your future self
- Talk about what you are already doing to accomplish your goals

Ask, "What am I doing now to be the person I'd like to become? That is where it all starts.

Writing to yourself gives you the opportunity to check in on progress and reassess where in your life needs more work and effort. Maybe you find in 10 years you have drifted far from your goals, but the goal still remains. What are you willing to change now to reach that goal? Reading this letter to yourself can help you realign and re-evaluate how you will reach further than you ever have before.

You can write a handwritten letter and store it in an envelope labeled with the date you would like to open it. Another option is provided at [www.futureme.org](http://www.futureme.org) where you can write a letter and it will be emailed to you on the date you request.

### **Make It a Back -To- School Family Activity**

You could even make this a family affair and invite your children to write a letter to themselves about what they want to accomplish in the coming school year. Let them set personal goals for themselves, acknowledge their strengths, and identify things they want to work on. Then it could be fun for the whole family to read their own letters at the end of the school year and see what has happened in all of your lives the past nine months.

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*References:*

*<https://www.futureme.org/>*

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# **Graduation:      Creating      a Roadmap for Your Future**



LIVE WELL UTAH

My Plan:

GRADUATION:  
CREATING A ROAD MAP  
FOR YOUR FUTURE

*You've walked in your cap and gown, now what? Whether you are a recent graduate or parent of a graduate, here are some tips to help you or your child look to the future with greater confidence.*

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Graduation is as much an opportunity to celebrate the end of a chapter of your life as it is to celebrate the start of a new chapter. Depending on your personality, you may have the rest of your life planned out or you may not know what to expect even in the next week. Life doesn't always go according to plan, but without any plans or goals you may never move forward. Where do you see yourself one year or even five years from now?

The book *Oh, the Places You'll Go!* By Dr. Seuss is a great metaphor of what choices a graduate has before them and what the future may hold. The following quotations are taken from the book.

## **Make a Plan, Narrow Your Choices**

*"Congratulations! Today is your day.*

*You're off to Great Places! You're off and away!*

*You have brains in your head. You have feet in your shoes.*

*You can steer yourself any direction you choose."*

So what direction will you choose? Will you get more schooling? Will you travel? Will you start your career? Will you start a family? There are so many options, but which is right for you?

It is wise to make plans because they help you succeed and reach your goals. Start by making a list of the options you want to consider, then write down the pros and cons to each.



Where do you see yourself in five years? Having a bigger picture will help in narrowing down choices. What will help you reach your goals?

Sometimes it comes down to just making a decision and seeing if it works out. If it does, and things line up in your favor, that could mean you are exactly where you need to be.

## Dead Ends

*"...Except when you don't.*

*Because, sometimes, you won't*

*I'm sorry to say so but, sadly, it's true*

*That Bang-ups and Hang-ups can happen to you...*

*But on you will go though the weather be foul.*

*On you will go though your enemies prowl...*

*On and on you will hike. And I know you'll hike far*

*And face up to your problems whatever they are."*

Let's be honest, sometimes you reach a dead end, and things don't work out. It is very likely you will face some of the greatest trials in the next couple years. You may reach some deep lows emotionally or physically. What do you do when it seems like everything is going against you? This isn't a cure all, but it's worth a shot. Refocus your life on the things that bring you joy. Trying these 5 Positivity Power-Ups might help. Furthermore, when facing serious challenges you can almost always count on the counsel of those wiser and more experienced.

# Success is In Your Future

*“So be sure when you step. Step with care and great tact*

*And remember that Life’s a Great Balancing Act...*

*And will you succeed? Yes! You will, indeed!*

*(98 and  $\frac{3}{4}$  percent guaranteed.)”*

Don’t let distractions pull you from your goal of success. Creating a road map or vision board can help you stay on track. The intention of a vision board is to help you visualize where you are going—the key is you need to take action along with it. Keep in mind that visions can’t become reality without doing.

## Create your own visual road map:

**Step 1: Find a base/background** – This can be a poster board, picture of a road, etc.

**Step 2: Decide how you will organize it** – Will you organize it into a timeline of your life? Will you group things into different aspects of your life? Do you want to include a place that allows you to record your progress? You don’t just want the goal, you want to include how you will get there.

**Step 3: Fill your vision board** – You can find magazine pictures or draw your own. It may be beneficial to write out specific goals or milestones you want to reach. What are your strengths, what are weaknesses you are striving to overcome?

**Step 4: View it** – You can either put it in a prominent place in your home where you can see it every day or you may want to keep it somewhere private and pull it out on occasion to check in on where you are at.

*“Kid, You’ll Move Mountains! ...*

*Today is your day! Your mountain is waiting.*

*So... get on your way!"*

*-Dr. Suess' Oh, the Places You'll Go!*

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*References:*

*Dr. Suess, (1990). Oh the Places You'll Go!. United States: Random House Children's Books.*