Name:
Section:



Date:

Score:

## **Email Your Future Self**

Next year on this date where will you be? Will you be at a new school? Will you have graduated from middle school or high school? Will you be playing different video games, listening to different music, or watching different TV shows? Will you have completed a new workout program? Will you have new hobbies or interests? Will you have a new favorite food? Will you have a new favorite book?

Your mission for this activity is to write an email to your future self. The target date for this task is one year from today. You can write anything you want. Perhaps you want to make a promise to yourself. Or perhaps you have a goal you want to accomplish. Or maybe you want to document what your life is like today to remind your future self of what things were like one year ago. Whatever you write, be sure you are detailed and specific. And be sure you are kind to your future self.

Write your initial ideas below. Then scan the QR code and email your future self.	