



Metro Assignment: Write a Letter to Your Future Self

This page gives you the opportunity to think about your goals as they relate to your education. You may also choose to write a letter to your 'future self' (see details below) or to write a letter to a future Metro student about what to expect in college and give them advice on how to succeed.

How to Write A Letter To Your Future Self

Look at today's date. Now imagine you writing to yourself, exactly X (you can decide how many) years from now. What do you want to say to your future self? Think about the type of person you will be, your place in life, what you would have accomplished then, the kind of thoughts and feelings you will experience, and so on. When you open this sometime in the future, you might gain additional insights about yourself and your journey in the past few years that you were oblivious to.

- What do you want your future self to be like X year/s in the future?
- What are the different dreams and goals you would want to be realized by then?
- What do you hope to be doing or have achieved with respect to your education, career, or community?
- What specific steps will you need to take or obstacles will you need to overcome to achieve these goals?
- Remind your future self of what you learned in your time in college and think about what else you may want to do to reach your goals academically.

Why Write A Letter To Your Future Self?

Doing this exercise can be a really insightful experience. Just imagine writing a letter to your future self 5 years from now, then opening it at that exact moment 5 years down the road to see how much of it resonated with you. It is a useful tool to be used in goal achievement, because when you write the letter to your future self, it helps you visualize yourself in the future. After reading the letter in the future, you can assess how many things match up (or not) vs. your expectations in the past and think about why that's the case. Often times, the goals we set and our goal achievement processes are subjected to a lot of changes along the way, due to varying obstacles, unanticipated circumstances and changing priorities. The letter gives you a macro-view of your initial vision and lets you recognize how your current vision differs from the past. It can be a really intriguing experience to just see how much you have grown/changed since you wrote the letter.