

## *Becoming Our Future Selves*

- 1. Write a letter from yourself in 5 years who is where you want to be. What would she tell you to stop doing? What would she tell you to start doing? What would she say you have (possessions and qualities)? What would she say you have done? What would she say you've seen? What would she say you've BECOME?**
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- 2. After reading this letter from your future self, what are you going to do? How do you feel? What would you think today and every day to make that future version a reality?**
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