Letter to Your Future Self Worksheet

(Week 6)

You've just finished the Future Self visualization. You actually met HER. You saw how she carries herself, the peace in her presence, and the alignment she lives in.

Now, write to her.

This letter is a bridge between who you are, who you are becoming, and who she already is. It's a witness to this moment of transformation—the courage it's taking, the commitments you're making, and the trust you're building.

Your Future Self will read this one day and remember: this is where it began.

Dear Future Self,

When I visualized you today, here's what I saw:

What did she look like? How did she carry herself? What energy did she emanate? What surprised you about her? What specific detail stuck with you?

Right now, in this moment, here's where I am:

Be honest. What are you struggling with? What are you learning? What's good? What are you releasing? What are you claiming?

The commitments I'm making to ensure you exist:

What practices have you learned? What values are you honoring? How are you treating yourself differently? What boundaries are you holding? What small, brave steps are you taking?

What this moment is teaching me:

Your Future Self is living in alignment and peace. From that place, it's easy to forget how much courage transformation requires. It’s important that you remind her of the work she did to get to where she is now. Describe what this hard season is teaching you right now - what it's costing you, what you're learning, and why this struggle has meaning. She needs to remember.

- What is this transformation costing me right now? (relationships, comfort, certainty, approval...)
- What courage is it taking that I don't want to forget?
- What is this struggle teaching me about myself?
- Why does sitting in this discomfort matter?
- What am I learning to trust that I couldn't have learned any other way?

What I already trust about you:

What do you know to be true about your future self? What wisdom of hers are you choosing to trust? What are you not waiting for permission for?

You exist because I'm making choices today that honor you. I see you. I trust you. I'm choosing you.

With love and fierce commitment,

_____

(Your signature)

Today's date: _____

I'll revisit this letter on: _____

Keep this letter somewhere safe. Return to it in 6 months, a year, or whenever you need to remember the woman who had the courage to begin.