Time Capsule Letter

 The goal of this letter is to ask the individual to compose a letter to him/herself at two or more concrete points in the future. It may be helpful to frame the activity as a kind of time capsule. When the letters are complete, you can set them aside and have the individual open them as they reach their long term goals. Feel free to choose any points in time that may resonate with the individual.

Option 1: Compose a letter to yourself on the first day of work

* How do you think you will feel?
* What kind of job do you think you’ll have?
* What do you think you would do?
* Do you have any advice for yourself?

Option 2: Compose a letter to yourself on the day you retire

* What do you hope you’ve accomplished?
* How do you think you’ll feel?
* What advice do you have for your future self?
* What do you want to do after you work?

Option 3: Compose a letter to yourself on the day of your graduation

* What kind of degree do you wish you have earned?
* What do you hope you accomplished in school?
* What would you do think you’d do next?
* Do you have any advice for your future self?

Option 4: Compose a letter to your future partner

* What do you wish they knew about you?
* What do they need to know to understand you?
* What kind of relationship do you want to have?
* What would your plans for the future be?

Option 5: Compose a letter to yourself on the day you move out of your house

* What kind of living situation would you want to move to (house, apartment, etc)?
* Who do you hope to be living with?
* What are some of the things you would want to do in your new home?
* What advice do you have for your future self?

Option 6: Compose a letter to your future boss

* What do you wish he/she knew about you before you start work?
* What kind of work do you wish you were doing?
* What does he/she need to know to support you?
* What kind of relationship you you want to have with your boss/coworkers?

Differentiation:

* Individuals who do not feel comfortable or inclined to write may answer these prompts in pictures of any other representative form.