



Dear Future Me,

You've always been a precious, shiny nugget of gorgeous YOUNESS! I love that about you.

I want to do something special to make your life brighter.

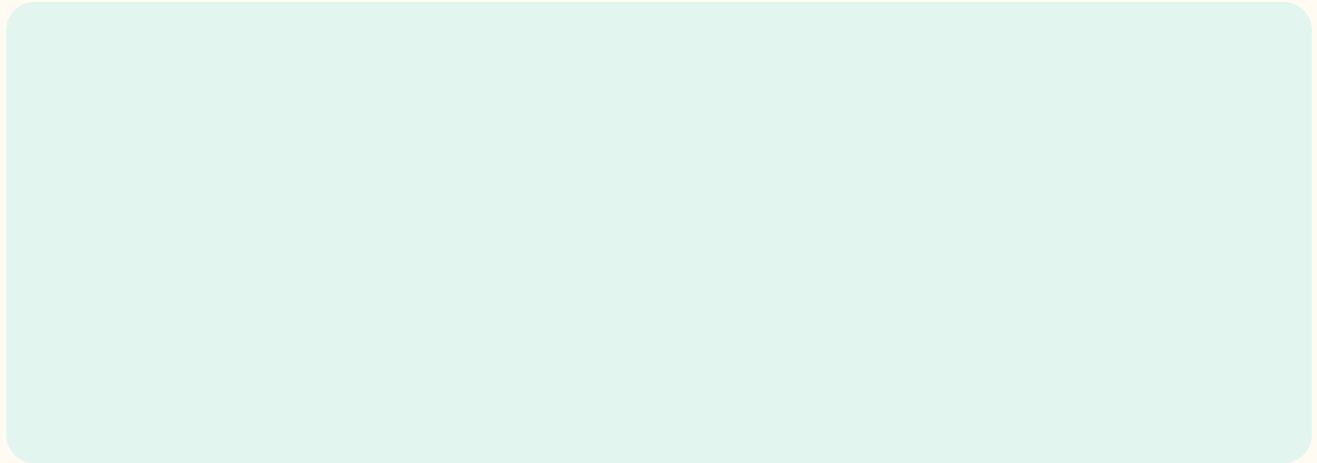
Please share your ideas.



Brainstorm

How can you send love to future you? Here are a few questions to get your wheels spinning. Trust the brainstorming process. It's okay if you don't have specific ideas right away. You are priming the pump- the ideas are coming!

Think about this: **What's challenging right now?** What could you know, do, or have that would make that easier?



How about this: **What do you crave?** Very often we tell ourselves we can have something in the future, when X,Y, or Z has happened. Constantly telling ourselves that we can't have what we want. But you can do something to help your Future Self have what you want.

Imagine that you really want to travel to Italy but don't have the budget. Imagine yourself on the trip. How do you feel? What can you do right now that feels like that? Maybe gelato today and tomorrow a stylish Italian outfit?



What are you always saying you need to do more of? Your Future Self is being generated right now. She will live in your body and have your mind and emotions. What can you do to support her?

It's easier to drink more water, make that appointment, or clean the junk drawer when you're doing it to help out your Future Self. That's because you eliminate the judgment.

Instead of asking yourself, "What should I be doing that I'm too lazy to actually do?" The question is "**What would my Future Self really appreciate?**"

What do you hope for yourself?

What do you hope for your Future Self? No need to be realistic or practical if you don't want to. Speak from your heart, that's what this space is for.