

MY JOURNEY TOWARD MY FUTURE SELF

How do your actions today affect your ability to become your ideal future self?

- ◆ Identify 3-4 different aspects of your future self from the worksheet, "A Letter to My Future Self." These might include your job, your education, your family and your service to others. Write each of these aspects in one of the boxes on the right.
- ◆ In the box on the far left, write what you are doing now that relates to each of these areas of life. (For example, if you write "good steady job" on the right, you could write "working hard to graduate from high school" on the left.)
- ◆ In each middle box, write up to three steps you need to take in order to connect where you are now to these different aspects of your future self.

Today	Steps I Need to Take	In 10 Years
	1. _____ 2. _____ 3. _____	
	1. _____ 2. _____ 3. _____	
	1. _____ 2. _____ 3. _____	
	1. _____ 2. _____ 3. _____	