

<b>Acceptance</b>	<b>Empathy</b>	<b>Optimism</b>
<b>Achievement</b>	<b>Energy</b>	<b>Passion</b>
<b>Adventure</b>	<b>Enthusiasm</b>	<b>Peace</b>
<b>Assertiveness</b>	<b>Extravagance</b>	<b>Privacy</b>
<b>Awareness</b>	<b>Extroversion</b>	<b>Professionalism</b>
<b>Beauty</b>	<b>Fairness</b>	<b>Punctuality</b>
<b>Belonging</b>	<b>Faith</b>	<b>Relaxation</b>
<b>Boldness</b>	<b>Fame</b>	<b>Respect</b>
<b>Carefulness</b>	<b>Family</b>	<b>Security</b>
<b>Certainty</b>	<b>Fitness</b>	<b>Sensitivity</b>
<b>Cheerfulness</b>	<b>Flexibility</b>	<b>Silliness</b>
<b>Cleverness</b>	<b>Fun</b>	<b>Simplicity</b>
<b>Comfort</b>	<b>Generosity</b>	<b>Sincerity</b>
<b>Commitment</b>	<b>Gratitude</b>	<b>Solitude</b>
<b>Compassion</b>	<b>Growth</b>	<b>Spirituality</b>
<b>Confidence</b>	<b>Happiness</b>	<b>Stability</b>
<b>Conformity</b>	<b>Harmony</b>	<b>Trust</b>
<b>Connection</b>	<b>Health</b>	<b>Understanding</b>
<b>Consideration</b>	<b>Honesty</b>	<b>Uniqueness</b>
<b>Contentment</b>	<b>Hopefulness</b>	<b>Variety</b>
<b>Courtesy</b>	<b>Humor</b>	<b>Virtue</b>
<b>Creativity</b>	<b>Imagination</b>	<b>Vision</b>
<b>Daring</b>	<b>Independence</b>	<b>Warmth</b>
<b>Dependability</b>	<b>Intelligence</b>	<b>Wealth</b>
<b>Depth</b>	<b>Justice</b>	<b>Wisdom</b>
<b>Devotion</b>	<b>Love</b>	<b>Wittiness</b>
<b>Duty</b>	<b>Neatness</b>	<b>Youthfulness</b>
<b>Economy</b>	<b>Openness</b>	<b>Zeal</b>

Write a letter to your future self. Use the present tense, as if it is happening today. Include as much detail as you need to be able to really feel like it is happening, but not too much detail that it begins to feel overwhelming. Here is a brief example I wrote in 2011:

*Dear Me,*

*Wow, I can't believe it has already been a year since I last wrote to you. You will be happy to know that I am doing well. I found a great synagogue; it is really a spiritual home for us. As for my humble abode, we are living in a great neighborhood. There are a lot of kids around, the neighbors are great, and we can walk to the stores. I am still running and feel in great shape. I've done 4 more races since last year. Business is fantastic; I enjoy it immensely and am really focused and consistent in what I need to do to be a successful – it feels great to be working for myself.*

*Love,  
M*

### **Questions to help you get started:**

1. What does the dwelling of your Future Life look like? Be as descriptive as possible.
2. Describe your Future Self. What are you doing, wearing, feeling...?
3. Describe your ideal day. What activities are you participating in and who are you interacting with throughout the day. How do you feel as you go through your day?
4. Where are you in relation to your current goals?

### **Questions to answer after you write your letter:**

1. How is the life of your Future Self different from your current life?
2. What did you see in your Future Life that appeals to you? Are there parts that you want to incorporate into your life now?
3. What actions do you need to take to make the journey from where you are today to where your Future Self resides?
4. What have you learned in this exercise about who you are and who you would like to become? What did you notice is important to you?
5. Which of the values from the above list are important to you?