

## Write a Letter to Your Future Self

**Directions:** You will be reflecting on your own life script(s). Consider the reflection practices that we have done in class today and during notes. After some reflection, write a letter to your future self. These letters will count as a participation score, but I will not be reading them. Afterwards, you will put these letters into an envelope and you will be able to read them at the end of your junior year. The purpose of this assignment is:

1. To reflect on your script and your predictions based on your script
2. To connect between your script and how the Greeks believed in fate and script breaking
3. To create a reflection and document that will be valuable for your future self
4. To anchor yourself in a time and space, with your current views, opinions, attitudes, philosophies, script (process and otherwise), and ego state.

Your letter will have 6 paragraphs. The following questions are suggestions. You will plan this letter first, once you have created a **detailed** outline, you can check it off to get a computer to type your letter. Follow the format that has been provided to you!

**Introduction:** start by thanking yourself. Compliment yourself (why are you awesome, what goal have you reached, what are you most excited about). State what your purpose is for writing this letter. I have given you purposes, but make it your own. For example, *“I am writing to you, future self, because I want show you how far I have come and where I want to go. The purpose is to inspire myself again at the end of junior year!”*

**Me, Now:** what is my script? What is my process script, most often? Do I do something to myself over and over again that I want to change? How people around me influence my script? Is it healthy? Do I influence my friends' scripts? My family's?

**What I do:** What are my hobbies? What do I do for a break or to relax? What fuels my fire? Where to get my inspiration from? Do I want to learn or try anything new?

**Me, the Greeks:** Do I believe a Moira figure is helping me create or dictate my script? How am I reaching Gnothi Seauton? Is there any Kleos for me? What does it look like; sports, academics, family, friends, remembering lunch money?

**People in my life:** My family and friends, how do they influence my script? Who are my closest allies that help me through moments of hubris? Who are the people I want to know better? What are their scripts? Is that why I want to know them better? Who is the person I respect the most, what is their script? Who are the people that annoy me the most? Are our scripts different or the same?

**My future:** Do I want to change my script (maybe only in areas)? Why do I want change? What do I hope for myself at the end of this year? What kind of person do I want to be (a better version or completely different)? What does school look like for me at the end of the year? For next year? What personal goals do I have? Driver's license, relationship, new sport, new job? What are my biggest fears? What long term goals do I have? Family, graduation, college, trade school, jobs? Do I have the script that I want to reach these goals?

## Letter Format Example

[Today's Date]

Dear my future self,

[Introduction]

---

---

---

---

[Me, Now]

---

---

---

---

[What I do]

---

---

---

---

[Me, the Greeks]

---

---

---

---

[People in my life]

---

---

---

---

[My future] \*\* this should take up most of your letter\*\*

---

---

---

---

Sincerely, (love, until again, etc)

[Your name]