

## V - Seeing the life that is already yours

## About This Session

## V - Vision and Your Future Self

## My Perfect Day

**A Letter from My Future Self**

*Write a letter from yourself 1 year from now, looking back on this moment. What changed?  
What are you most proud of? What do you want your present self to know?*

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**Write a real letter to your future self:**

<https://www.futureme.org/>

*FutureMe.org will email it to you on the date you choose. Consider writing one to yourself in 1 year  
and one for 5 years from now.*

**Three Goals with First Steps**

*Name 3 goals that feel aligned with your future self, and the ONE small step you can  
take toward each in the next 7 days.*

**Goal 1:**

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**First step this week:**

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**Goal 2:**

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**First step this week:**

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**Goal 3:**

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**First step this week:**

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Reflection Questions

1. When you imagine your perfect day, what surprised you most about what you included (or excluded)?

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2. What part of your future self's life feels most out of reach right now? What would make it feel possible?

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3. Where do your values, strengths, and vision all converge? That convergence is your direction.

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4. What one decision, made today, would most move you toward the life you wrote about?

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My Notes

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