

WHO DO I WANT TO BECOME?

A Letter to My Future Self

INTRODUCTION

The person you will become tomorrow is shaped by the choices you make today. This guided exercise invites you to envision your future self with intention and purpose, creating a powerful vision that can guide your current decisions and actions.

Writing a letter to your future self is more than just an exercise in imagination—it's a way to clarify your values, set meaningful goals, and commit to the journey of growth. By articulating who you want to become, you create a compass that can guide you through challenges and celebrate your progress along the way.

This workbook follows the **ASPIRE Model** to guide your journey:

- Assess your current state and future aspirations
- Support your vision with reflection and clarity
- Plan your path forward with intention
- Implement practices that align with your vision
- Review obstacles and opportunities
- Empower yourself through commitment and accountability

Let's begin the journey of intentional becoming.

PART 1: PREPARING TO WRITE

REFLECTION QUESTIONS

Before writing your letter, take some time to reflect on the following questions. Your answers will help shape a meaningful vision of your future self.

Instructions: Write your responses in the spaces provided. There are no right or wrong answers—focus on what feels authentic and meaningful to you.

1. What aspects of your current self do you value and want to carry forward?

I _____

2. What challenges are you currently facing that you hope to overcome?

I _____

3. What dreams or aspirations have you put aside that you'd like to reclaim?

I _____

4. Who inspires you, and what qualities do they embody that you admire?

I _____

5. When have you felt most alive, purposeful, or in alignment with your values?

I _____

TIMELINE SELECTION

Instructions: Choose the timeframe for your future self letter. Different timeframes serve different purposes:

- **6 months to 1 year:** Focuses on short-term goals and immediate growth
- **2-3 years:** Balances current challenges with future possibilities
- **5 years:** Allows for significant life changes while remaining somewhat foreseeable

- **10+ years:** Encourages bold, transformative visions less constrained by current circumstances

I choose to write to myself _____ years/months in the future.

Why I've chosen this timeframe:

I _____

☐ LIFE DOMAINS ASSESSMENT

Instructions: Rate your current satisfaction in each life domain (1 = very dissatisfied, 10 = completely satisfied). Then identify how you'd like this area to evolve in your future.

Life Domain	Current Rating	Vision for Future Growth
Physical Health & Wellbeing		
Mental & Emotional Health		
Recovery & Sobriety		
Family Relationships		
Friendships & Social Connection		
Romantic Relationships		
Parenting/Caregiving		
Work/Career/Education		
Financial Wellbeing		
Spirituality/Faith		
Recreation/Leisure/Play		
Personal Growth/Learning		
Purpose/Meaning/Contribution		
Home/Environment		

The three domains I most want to focus on in my letter:

1. _____
 2. _____
 3. _____
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PART 2: VALUES CLARIFICATION

CORE VALUES EXPLORATION

Your values are the foundation of who you are becoming. They guide your choices and define what matters most to you.

Instructions: Review the values list below. Circle 10 values that resonate with you, then narrow to your top 5, and finally select your core 3 values.

Achievement	Adventure	Authenticity	Balance	Beauty
Belonging	Compassion	Connection	Contribution	Courage
Creativity	Curiosity	Determination	Diversity	Excellence
Fairness	Faith	Family	Freedom	Friendship
Growth	Harmony	Health	Honesty	Humility
Independence	Innovation	Integrity	Joy	Justice
Kindness	Knowledge	Leadership	Learning	Love
Loyalty	Meaning	Openness	Optimism	Peace
Perseverance	Power	Recognition	Respect	Responsibility
Security	Self-expression	Service	Simplicity	Spirituality
Stability	Success	Tradition	Trust	Wisdom

My top 3 core values:

1. _____

2.

3.

How these values will guide who I am becoming:

I _____

STRENGTHS INVENTORY

Instructions: Identify your character strengths—the positive traits that energize you and contribute to your best self.

What others appreciate about me:

I _____

When I'm at my best, I am:

I _____

Skills or abilities I'm proud of:

I _____

Challenges I've overcome that have made me stronger:

I _____

Strengths I want to develop further in my future self:

I _____

PART 3: VISIONING YOUR FUTURE SELF

GUIDED VISUALIZATION

Instructions: Find a quiet space where you won't be interrupted. Get comfortable, close your eyes, and take several deep breaths. Then imagine yourself in the future you've chosen, having become the person you aspire to be.

As you visualize, consider:

- Where are you living?
- What does your daily routine look like?
- Who is in your life?
- What have you accomplished?
- How do you feel physically, emotionally, mentally?
- What challenges have you overcome?
- What are you grateful for?
- What wisdom would this future self share with you today?

Spend 5-10 minutes in this visualization, then capture key insights below:

What I saw, felt, or experienced in my visualization:

I _____

What surprised me about my future self:

I _____

What my future self seemed most proud of:

I _____

BECOMING STATEMENT

Instructions: Based on your reflections so far, complete this statement:

"I am becoming someone who..."

I _____

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PART 4: WRITING YOUR LETTER

LETTER STRUCTURE GUIDELINES

Your letter can be structured however feels most meaningful to you, but here are some elements you might consider including:

1. **Greeting:** Address your future self by name, perhaps with a term of endearment or encouragement.
2. **Acknowledgment:** Recognize where you are now and the journey you're undertaking.
3. **Vision:** Describe the life your future self is living and the person you've become.
4. **Growth:** Highlight the challenges you've overcome and how they've shaped you.

[Your Name] (Present Day: [Date])

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PART 5: FROM VISION TO ACTION

IDENTIFYING GROWTH EDGES

Instructions: Based on your letter, identify specific areas where growth or change is needed to become your future self.

Future Self Quality	Current Reality	Growth Edge

Example:

Future Self Quality	Current Reality	Growth Edge
Emotionally present with my children	Often distracted by work and phone	Setting boundaries around technology; practicing mindful parenting skills

OBSTACLES AND SOLUTIONS

Instructions: Identify potential obstacles to becoming your future self and strategies to address them.

Potential Obstacle	Impact	Solution Strategy

SUPPORT SYSTEMS

Instructions: Identify the support you'll need to become your future self.

People who will support my journey:

I _____

How they can specifically help me:

I _____

Resources I'll need to access:

I _____

Professional support to consider:

I _____

90-DAY ACTION PLAN

Instructions: Create a 90-day plan with specific actions to begin moving toward your future self.

Action	Frequency	Resources Needed	How This Serves My Future Self

PART 6: LETTER PRESERVATION AND REVISITATION

SAFEKEEPING YOUR LETTER

Your letter is a powerful document that deserves to be honored and preserved. Consider these options:

Digital Preservation:

- Create a "Future Self" folder in your digital storage
- Set a calendar reminder for your future date
- Use a service like FutureMe.org to email your letter to yourself on a specific date

Physical Preservation:

- Place in a sealed envelope with "Open on [date]" written on it
- Store in a special box or journal
- Give to a trusted friend or counselor to return to you

My plan for preserving my letter:

I _____

CREATING TOUCHSTONES

Instructions: Create reminders or touchstones to keep your future self vision present in your daily life.

Visual Reminder: (image, object, or symbol)

I _____

Daily Mantra: (short phrase capturing your becoming)

I _____

Weekly Check-in Question: (to assess alignment with your vision)

I _____

Monthly Reflection Practice: (deeper review of progress)

I _____

COMMITMENT TO REVISITATION

Instructions: Determine how and when you'll revisit your vision to assess progress and make adjustments.

I commit to reviewing my future self letter:

- Monthly
- Quarterly
- Annually
- Other: _____

During these reviews, I will:

- Assess progress toward becoming my future self
- Celebrate growth and small victories
- Adjust course as needed
- Recommit to specific next steps
- Other: _____

My first scheduled review date: _____

ADDITIONAL RESOURCES

Books for Further Exploration

- *The Path Made Clear* by Oprah Winfrey
- *Designing Your Life* by Bill Burnett and Dave Evans
- *The Artist's Way* by Julia Cameron
- *Man's Search for Meaning* by Viktor Frankl

Practices to Support Your Journey

- Vision boarding
- Values-based goal setting
- Mindfulness meditation

- Journaling
- Accountability partnerships

Quotes for Inspiration

"The best way to predict your future is to create it." —Abraham Lincoln

"Watch your thoughts, they become your words; watch your words, they become your actions; watch your actions, they become your habits; watch your habits, they become your character; watch your character, it becomes your destiny." —Lao Tzu

"It's never too late to be what you might have been." —George Eliot

"The future belongs to those who believe in the beauty of their dreams." —Eleanor Roosevelt

- Balance individual identity with family roles
 - Consider creating family future vision alongside individual ones
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