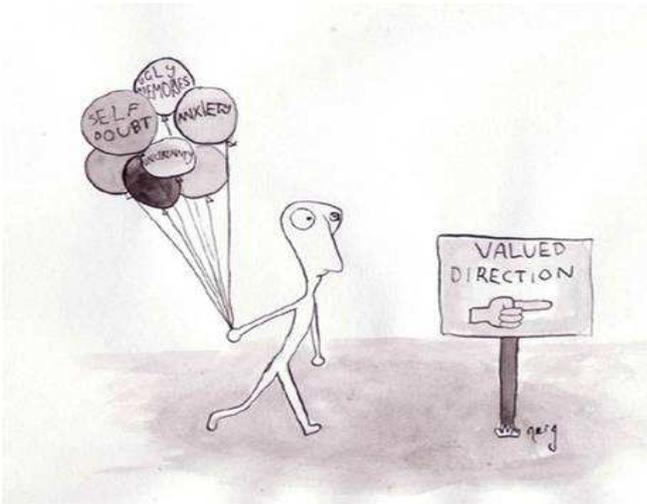


## WRITE YOURSELF A LETTER FROM THE FUTURE

Thinking about your future can help you to create a life worth living! This procedure can encourage you to be clearer about your hopes and dreams. Coaching psychologist Tony Grant writes about this in his book, *“Coach yourself: It’s your life, what are you going to do with it”*.

### How do I do it?

“Choose a date some months or even years ahead, a date that means something to you – an anniversary or a birthday. Then imagine that life has gone rather well. Things have turned out the way you wanted them to. Write yourself a letter telling yourself about the developments in your life. Try to imagine how your life would feel if you were successful and fulfilled”.



### Sample letter

“I’m 25 and life is pretty good! I’m sitting at my desk at work and can’t believe I am here. I got through my course and actually got a couple of distinctions. I love my job in a successful engineering company. My work is interesting and challenging and the hours are not too long. I am seeing a wonderful girl and we spend a lot of time together doing fun stuff on weekends. She is funny and smart and great fun to be around. We both enjoy going out to movies and seeing our friends. I’m feeling fit and exercise regularly. I am in training for the City to Surf and play basketball with a great group once a week. I’m planning a month’s holiday that I am looking forward to”.

### Linking what matters to goals

Once you have written the letter you might want to think about what goals you can consider that help you to move closer to where you want to be. How can I work out what goals are important to me? How can I link my values / guiding principles to day to day goals? You can ask yourself the following:

- What’s important / meaningful about doing this activity? (e.g. if I study a couple of hours each day this week I am more likely to do well and get my degree)
- What is it I value about achieving that goal? (e.g. if I do 30 mins of exercise 3 times this week I will feel like I am taking good care of my physical health and fitness, perhaps preventing illness)
- If I achieved that goal, how would I be different? What would I do differently? (e.g. if I introduce myself to a new person each week I might have a better social life and be able to participate more at social events)