



A Letter to Your Future Self

Pause. Imagine. Connect. Begin.

A guided writing exercise to help you explore your hopes, values and the small steps that can connect today with tomorrow.

A gentle, practical resource from Align with Sari

01 A letter to your future self

Writing to your future self is an opportunity to pause, imagine what matters and connect with the person you are becoming. You do not need to predict the future. Instead, you can explore your hopes, values and intentions.

Why it can help

The exercise can clarify what you want to move towards, bring your values into focus and help you identify actions that feel meaningful now.

How to use this booklet

- Choose a future date—three months, one year or another meaningful point.
- Find a quiet space and write without editing too much.
- Describe how you want to feel, live and show up.
- Include kindness for your present self.
- Finish with one action you can begin this week.

Before you begin

Take three comfortable breaths. Place your feet on the floor. Ask yourself: *What matters to me, and what would I love to remember?*

02 Imagine your future self

Where am I, and what does an ordinary day look like?

How do I feel in my body, mind and relationships?

What have I learned to prioritise?

What am I no longer willing to carry?

Which values guide my decisions?

What small choices helped me get there?

03 Write your letter

Dear future me,

[illegible]

With kindness.

04 Bring the future into today

Your future self does not need you to transform overnight. Look for one small bridge between today and the life you described.

One quality I want to practise now is...

One boundary or choice that would support me is...

One action I can take within the next seven days is...

A message from my future self

If my future self could offer me one compassionate sentence today, it might be:

Remember: You do not have to do this perfectly. Take what supports you, adapt what does not, and return whenever you need to.

About Align with Sari

I offer a warm, personalised approach to wellbeing through life coaching, specialist ADHD life coaching, yoga, Ayurveda, massage and restorative practices. My intention is to help you reconnect with yourself and create realistic changes that fit your life.

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