

A Letter to Yourself in a Year

Write to the you of a year from now, and say what you want them to remember.

WHEN TO USE THIS

Use this when you want to mark where you are right now. Date it and keep it somewhere safe.

Tell them what your life is like right now. The plain version.

Tell them what you are proud of getting through.

Tell them what you hope is different, and what you hope has not changed.

Sign it and put the date here.

Put it somewhere you will find it. A year moves faster than it feels tonight.