



GUIDES

Dear future me...

What you'll need:

- Pens
- Paper
- An envelope, 1 per girl

Aim of activity

Where do you want to be ten years? Maybe working at your dream job, exploring the world, or being as happy as you can be.

- 1 Have you ever put something in a time capsule? Time capsules are filled with items that represent what's happening at a particular moment in time. They're buried to be dug up in the future. What would you put in a time capsule to be opened in 50 years? For example, imagine what people in the future would think of your phone.
- 2 Sometimes people think about what they'd tell their younger self. But what would you tell your future self? Grab a pen, paper and an envelope and find a space.
- 3 You're going to write to your future self about your dreams and ambitions. Pick which future self you want to write to: in five years, ten years, 50 years? Write the date for the letter to be opened on the

front of your envelope, then write yourself a letter, using the list to help you. Remember you're talking to yourself, so you can include anything.

'Dear future me' list

Tell your future self about...

- Your life now, so you can see how much it's changed.
 - Your biggest fear. Perhaps it'll give your future self a giggle.
 - Your future ambitions. Do you think these will stay the same?
 - Things you want to stop doing (like biting your nails), continue doing (maybe having a Sunday roast every week), and start doing (perhaps volunteering). Your future self can check to see if these happened.
 - Give yourself a piece of advice.
 - Ask questions, like do you enjoy your job?
- 4 When you're done writing, fold up your letter and seal it in your envelope. Make sure your name and opening date are on the front. Find somewhere safe to store it until future you is ready to open it.