

Letter From Your Future Self

I believe that we are all our own best experts. This exercise is designed to help you bypass your current mind-state and tap into your deep internal wisdom. It's important that you don't overthink it. Just let the words flow. These instructions should help get you going.

Find a quiet and relaxing place where you won't be interrupted. Take 3 deep breaths. Close your eyes and imagine yourself 5, 10 or 15 years from now. You are deeply happy. You are relaxed. You have all that you need in that moment. Now imagine this future version of you has picked up a piece of paper to write you a letter, and help give you some reassurance at this time in your life. Open your eyes and pick up your pen. To help you start writing, consider these questions:

- *What would your future self say to you?*
- *What would your future self want you to know right now?*
- *What would they want you to know about this period in your life?*
- *How would they reassure you?*

Now get going!

Dear...

All my love...

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