

Letter from My Future Self

SESKAT Training
Toolbox



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Description

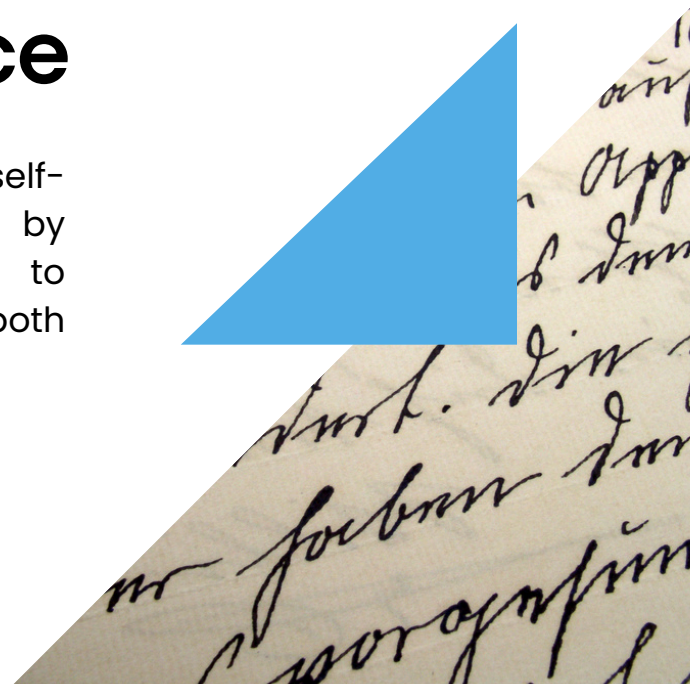
The 'letter from my future self' activity is an interesting way to make someone reflect on their life and gives them the possibility to project themselves into the future. The core of the activity is for the participants to write a letter for and from themselves. The letter will be written to their present self from the point of view of a future self (e.g., 10 years in the future), providing some good advice and motivational material to their present self. It is important to set up a comfortable space for this activity, and using music as background could be a good idea.

Objectives

- To manage and see the present and future from different points of view
- To foster self-awareness and emotional understanding
- To provide the opportunity to imagine the future

Connection with Soft Skills and Emotional Intelligence

This is a tool that focuses on self-emotional management by providing the opportunity to establish a dialogue with both present and future selves.



Resources and Materials

Each participant will need:

- A few blank pieces of paper
- An envelope
- Something to write with

Steps

01

2-3 minutes: Give the materials and instructions to participants.

02

20-30 minutes: Allow participants time to write their letters.

03

After they finish, they will close the envelope and keep the letter in a safe spot to be opened in the future.

Learning Outcomes

Participants, by writing the letter from their future selves, will have the opportunity to explore their present and future from a positive point of view.

