

Dear Me

Write a letter to your future self exactly a year from now.

Consider....

Who do you want to be a year from now?

What dreams came true?

What have you learned?

Who is in your support network?

What goals have you realized?

Template...

Dear Me,

Life is pretty good! I made it through a really tough year of school and life, and I'm really proud of myself. My support network has grown, and I've made new friends who have really helped me figure stuff out. I've really learned a lot about myself this past year and now really get that I can get through some really hard stuff. Life isn't always easy, and I've learned more that it's an ebb and flow. I continue to do my best.

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