

## Seven Keys to Success® Reflection Activity

# Friendly Letter to My Future Self

### Why are we doing this?

This is your chance for everyone to reflect upon and review what you have learned by using the GO FOR IT! Program. It is a chance to send a reminder to yourself about what you have done this year and where you want to go in the future.

### What to do:

Each person is going to be writing a letter to themselves which will be sent to you sometime in the future. The purpose is to review the time you have spent learning the GFI Keys. You will also give yourself a message about what you hope to accomplish in the future.



### Use the following outline:

1. Address/heading/date
2. Salutation: "Dear Future Me"
3. 1<sup>st</sup> paragraph: Review of the year using the GO FOR IT! *Seven Keys to Success* –
  - a. What were your goals for the year? Did you reach your goals?
  - b. What wise choices did you make this year to make your life better?
  - c. What were your habit cards? Did you either change or develop the habit you were working on?
4. 2<sup>nd</sup> paragraph: What can you visualize now or in the future to make your life easier and better?
5. 3<sup>rd</sup> paragraph: How has using GO FOR IT! changed your life? (be specific)
6. 4<sup>th</sup> paragraph: Use this paragraph to give yourself reminders or a special message you have for yourself for the future.
7. Post Script: P.S. note if desired.

### What next?

1. Fold your letter and put in an envelope.
2. Put your name and address on the letter.
3. Put a stamp on your letter.
4. Give your letter to the adult responsible for mailing them

### Finally:

Parent or guardian: keep the letters in a safe place for 4-6 months. After that time has passed mail the letters. When everyone has received his/her letter, discuss what it felt like to receive and read the letter and what people have written regarding plans for using GO FOR IT! in the future.

*Note: This is a powerful and fun activity. Consider repeating it annually. Additionally, you may do the above activity as a "Family Future Letter" in which the entire family writes a letter together.*