



THE COACHING GROUP

# LETTER TO SELF

THIS EXERCISE IS DESIGNED TO HELP YOU SET INTENTIONS, CLARIFY YOUR GOALS, AND DOCUMENT YOUR FEELINGS AND EXPECTATIONS. WRITE A LETTER TO YOUR FUTURE SELF, TO BE READ AT THE END OF THE COURSE AND AGAIN IN A YEAR'S TIME, PROVIDING YOU WITH A UNIQUE OPPORTUNITY FOR REFLECTION AND SELF-ASSESSMENT.

## Find a Quiet Space

Find a quiet and comfortable place where you won't be disturbed. This will allow you to focus and express your thoughts more freely.

## Date Your Letter

Start your letter by dating it to today's date. This will serve as a reference point for your future self.

## Address Yourself

Address your letter to your future self. You can start with "Dear [Your Name]" or any salutation that feels right to you.

## Set the Scene

Begin by briefly describing your current situation, emotions, and the challenges you are facing.

## Express Your Goals and Intentions

Share your goals and intentions. What are you hoping to achieve, learn, or change? Be specific and honest with yourself.

## Reflect on Your Expectations

Consider what you are expecting from the changes you want to make. How do you envision it impacting your life? Are there any doubts or uncertainties you'd like to acknowledge?

## Offer Encouragement

Encourage yourself as you write. Reflect on your strengths and remind yourself that you have the capacity to grow and evolve.

## Seal the Letter and Store Safely

Once you've poured your thoughts and feelings into the letter, seal it in an envelope. Place the sealed envelope in a secure and memorable location. It's important that you can easily access it when the course concludes.

## Read Your Letter (end of course/years' time)

At the end of the course and again in a year's time, set aside time to open the letter. Read it carefully, and reflect on the journey you've taken since writing it.

