

FUTURE-SELF GRATITUDE EXERCISES



LETTER FROM FUTURE ME

Start your letter with 'Dear Present Me...'

What advice does your wise, future self give you?

.....
• List specific achievements and feelings of success.

.....
What are they most grateful for about your present journey?



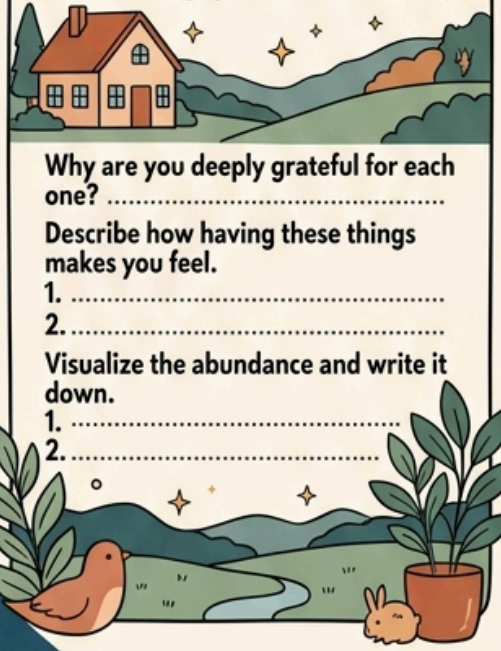
FUTURE SUCCESS REFLECTION

- What major goal did your future self achieve?
- What steps did they take to reach it?
- Describe the impact of this success on your life.
- Express gratitude for the strengths and resilience that made it possible.



DREAM LIFE GRATITUDE WORKSHEET

List 3 things you have in your ideal future life (e.g., job, home, relationship).



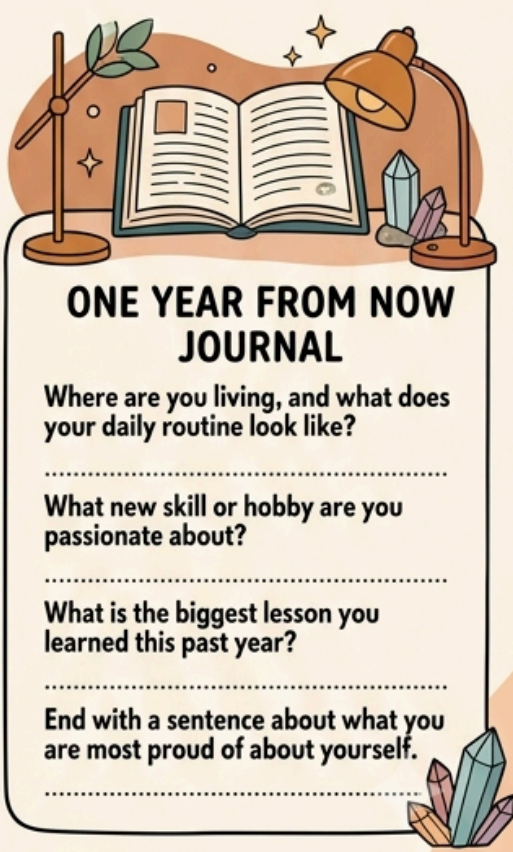
Why are you deeply grateful for each one?

Describe how having these things makes you feel.

1.
2.

Visualize the abundance and write it down.

1.
2.



ONE YEAR FROM NOW JOURNAL

Where are you living, and what does your daily routine look like?

.....
What new skill or hobby are you passionate about?

.....
What is the biggest lesson you learned this past year?

.....
End with a sentence about what you are most proud of about yourself.

PRINT & PRACTICE DAILY!
YOUR FUTURE SELF THANKS YOU.