

Self-Help Tools: Send a Message to Your Future Self

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Source: [FutureMe.org](https://futureme.org)

This tool creates a moment of reflection between who you are today and who you are becoming. Most people open a blank page, stare at it, and write something they would put on a greeting card. These prompts help you write something worth reading a year from now.

Before you write, pick a date.

One year from today is a good starting point. Long enough that things will have changed. Short enough that it still feels real.

Work through these prompts:

- What is the one thing you most want to have figured out by the time you read this?
- What are you most afraid of right now, and what do you hope you did about it?
- What decision are you sitting on that you already know the answer to?
- What would you regret not having tried?
- What do you want to remind your future self about who you are when things are going well?
- What does a good version of the next twelve months look like, in your own words?

One suggestion:

Write it like you are talking to a friend, not filling out a form. The more honest and specific you are, the more useful it will be when it lands in your inbox. Then go to futureme.org, set the date, paste it in, and send it.

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