

How Will You Change Over the Next Four Years?

Writing a letter to yourself to be opened
during your senior year of high school.

Presented by your School Counseling Department



A Letter to Your Future Self

- High school is a time of many changes.
- You are essentially entering high school as a child and leaving as an adult.
- You will learn not only academic lessons, but you will also learn many lessons about life and yourself during your high school career.



Words of Wisdom



A message from a recent graduate



A Letter to Your Future Self

- Write a letter to your "future self" using the following questions as a guideline.



Dear Future Me



- Describe yourself: For example, what are your interests? What do you do for fun? What is your favorite candy?
- How did you first feel when you entered high school?
- What goals would you like to accomplish by the end of high school (academic/personal)?
- What skills do you already have the will help you reach your goals? What skills will you need to improve?
- What do you see yourself doing immediately after high school graduation.
- At the end of your senior year, how will you measure your success?



A Letter to Your Future Self

- Once you have written your letter on the opposite side of this paper, fold the paper in half and neatly write your full name on the outside of the folded paper.
- We will return these letters to you in the spring of your senior year.

