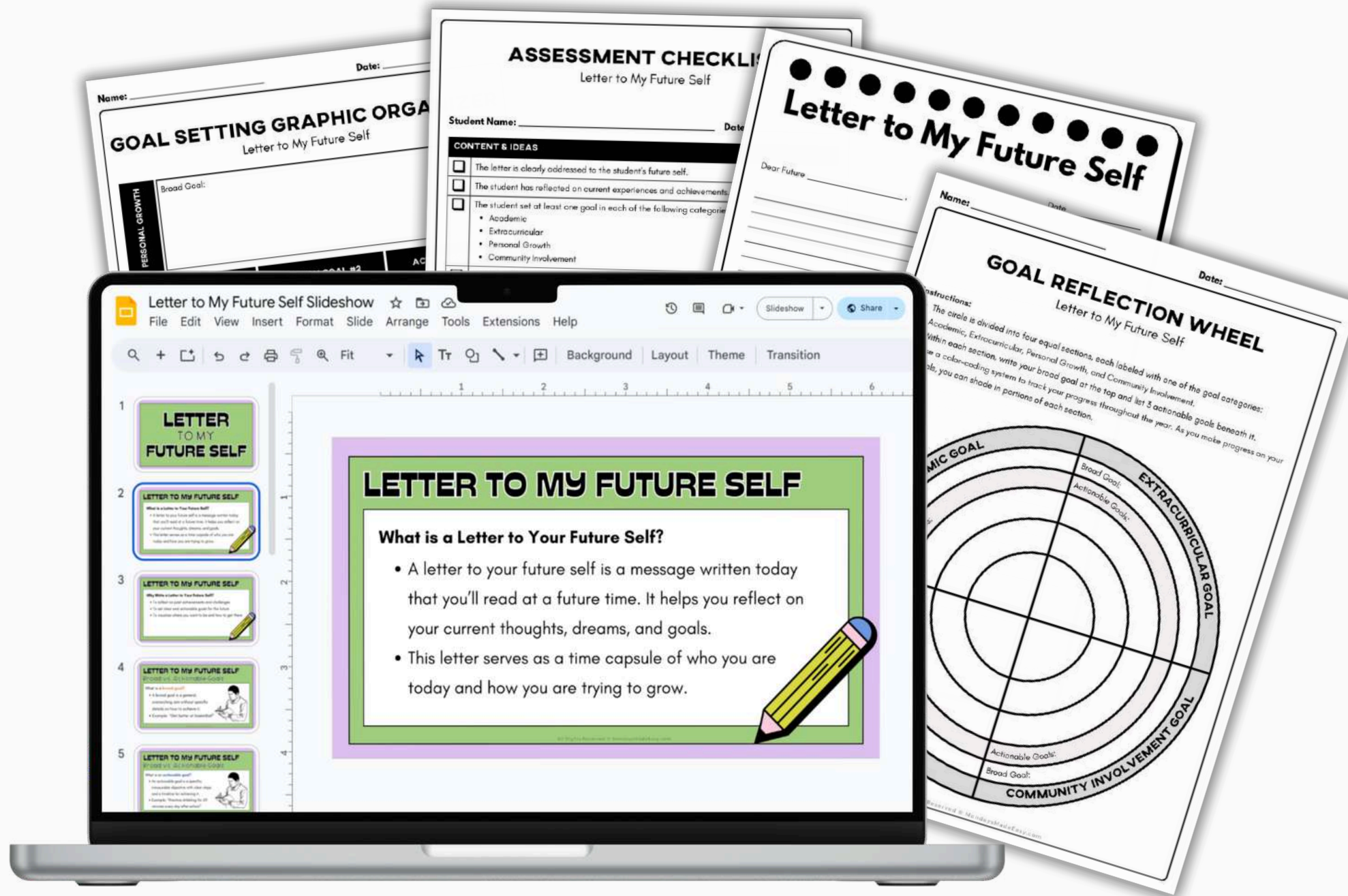


# Letter to My Future Self Writing Activity

This lesson guides students through a series of activities that encourage them to dream about their future, set actionable goals, and plan for success.



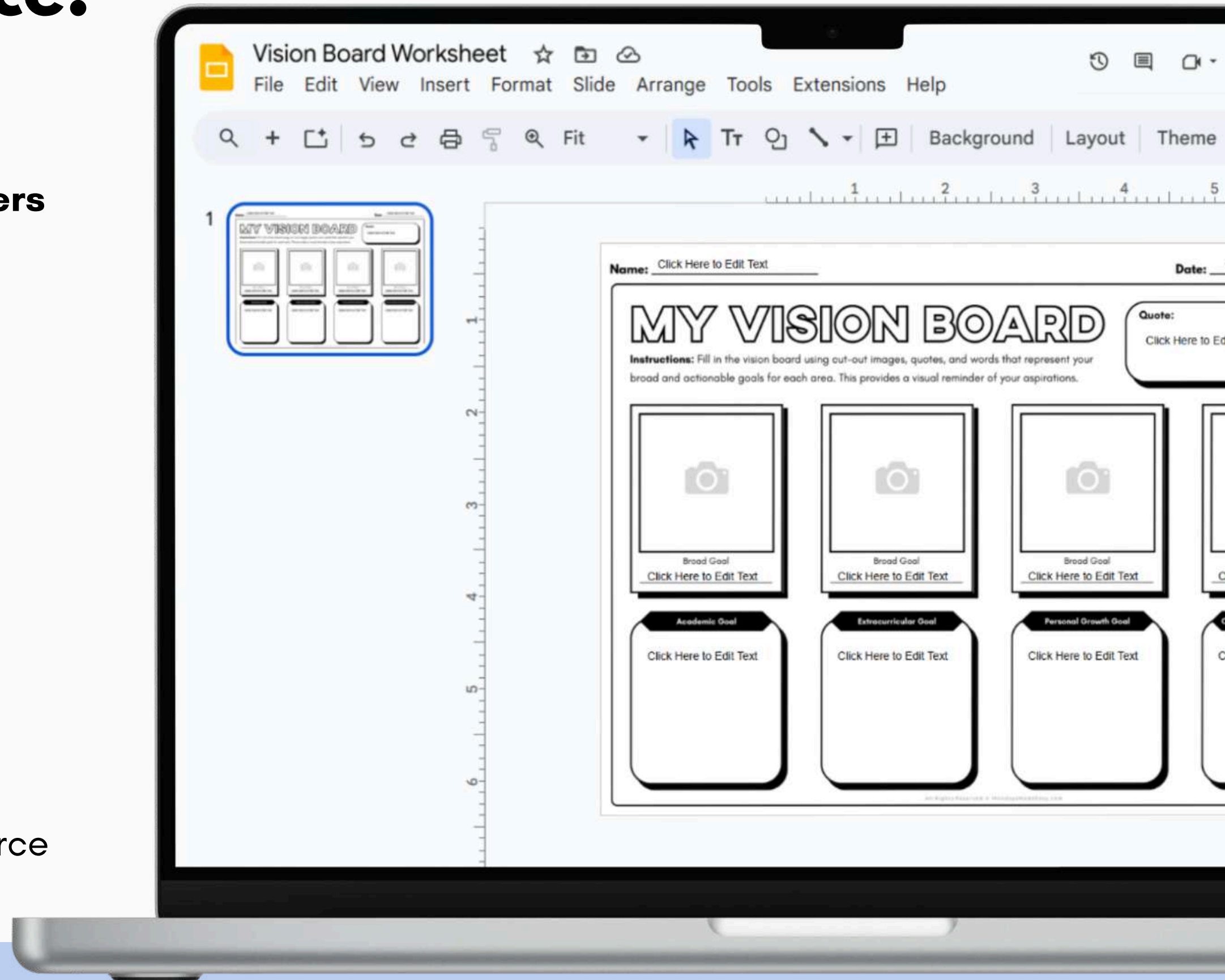
- Use graphic organizers to **help students set meaningful goals through reflection and planning**
- **Foster self-awareness and future thinking** with a structured letter-writing activity focused on personal growth
- **Enhance critical thinking and resilience** by assisting students in identifying obstacles and creating actionable solutions for their goals

**Set meaningful goals with this SEL writing activity!**

**PURCHASE HERE**

# Included with this resource:

- ✓ Letter to My Future Self **Slideshow Lesson**
- ✓ Reflection and Goal Setting **Graphic Organizers**
- ✓ Letter and Vision Board **Templates**
- ✓ **Goal Reflection Wheel**
- ✓ **Action Plan Timeline**
- ✓ **Obstacles and Solutions Chart**
- ✓ Writing **Assessment Checklist**
- ✓ **Student Sample**
- ✓ **Teacher Instructions** for how to use this resource



Includes Digital Resources for Google Drive®



# Future Writing Slideshow Lesson

Explore broad vs. actionable goals and inspire students to think about their future

## LETTER TO MY FUTURE SELF

### What is a Letter to Your Future Self?

- A letter to your future self is a message that you'll read at a future time. It captures your current thoughts, dreams, and aspirations.
- This letter serves as a time capsule of your present self, providing a glimpse into your current mindset and goals.

## LETTER TO MY FUTURE SELF

### Broad vs. Actionable Goals

Goal?

a specific,  
with clear steps  
achieving it.  
scribbling for 20



# LETTER TO MY FUTURE SELF

## LETTER TO MY FUTURE SELF

### Broad vs. Actionable

#### What is a **broad goal**?

- A broad goal is a general, overarching aim without specific details on how to achieve it.
- Example: "Get better at basketball"



### Your Future Self

to read it on a

significant date, like graduation or the last  
day of school.

#### 7. Graphic Organizer:

- Use the provided graphic organizer to outline your goals and thoughts before writing your full letter.

A graphic organizer form titled "REFLECTION GRAPHIC ORGANIZER" with the subtitle "Letter to My Future Self". It includes instructions and a table for reflection. The table has two columns: "WHAT WENT WELL?" and "WHAT COULD HAVE BEEN BETTER?". The "WHAT WENT WELL?" column has two rows: "In the past, what were your strengths and challenges?" and "In the future, what are your goals and dreams?". The "WHAT COULD HAVE BEEN BETTER?" column has two rows: "In the past, what were your weaknesses and challenges?" and "In the future, what are your goals and dreams?". There are also sections for "PART 1: Reflecting on the Past School Year" and "PART 2: Reflecting on the Future School Year".

# Reflection Graphic Organizer

Students can reflect on the past year and identify areas for growth

Name: \_\_\_\_\_Date: \_\_\_\_\_

REFLECTION GRAPHIC ORGA

Letter to My Future Self

PART 2:  
Setting Broad Goals for This Year

ACADEMIC GOAL	EXTRACURRICUL
What is one broad <b>academic goal</b> you want to achieve this year?	What is one broad <b>extracurri</b> want to set?
PERSONAL GROWTH GOAL	COMMUNITY INVOLV
What is one broad goal related to your <b>personal development</b> ?	What is one broad goal relate or getting involved in your <b>cor</b>

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Name: \_\_\_\_\_Date: \_\_\_\_\_

REFLECTION GRAPHIC ORGANIZER

Letter to My Future Self

Instructions:

- Think about your successes and challenges from the past school year. Use the prompts to jot down your thoughts in each category.
- Based on your reflections, write one broad goal for the upcoming year in each of the four areas: Academic, Extracurricular, Personal Growth, and Community Involvement.

PART 1:  
Reflecting on the Past School Year

WHAT WENT WELL?	WHAT COULD HAVE BEEN BETTER?
a. Describe some things you accomplished <b>academically</b> last year.	a. Identify some areas where you wish you had done better <b>academically</b> .
b. What <b>extracurricular activities</b> did you enjoy or excel at?	b. Were there any <b>activities</b> you wish you had been more involved in?

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Name: \_\_\_\_\_Date: \_\_\_\_\_

CTION GRAPHIC ORGANIZER

Letter to My Future Self

WHAT WENT WELL?	WHAT COULD HAVE BEEN BETTER?
challenges did you positive <b>habits</b> did you	c. Which <b>personal goals</b> did you not reach or which <b>habits</b> do you wish you had developed?
tribute to your <b>community</b>	d. How could you have contributed more to your <b>community</b> ?

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Help students  
**set relevant  
and meaningful  
goals**

# Goal Setting Worksheets and Reflection Wheel

Guide students in breaking down their broad goals into actionable steps

Solidify  
students'  
commitment to  
their goals!

Name: \_\_\_\_\_ Date: \_\_\_\_\_

---

## REFLECTION GRAPHIC ORGANIZER

Letter to My Future Self

**PART 2:**  
Setting Broad Goals for This Year

Name: \_\_\_\_\_ Date: \_\_\_\_\_

---

## GOAL SETTING GRAPHIC ORGANIZER

Letter to My Future Self

**Instructions:** For each category below, select one broad goal for the year and write it down in the space provided. Then, identify **3 specific and actionable steps** you will take to achieve each goal.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# GOAL SETTING GRAPHIC ORGANIZER

## Letter to My Future Self

EXTRACURRICULAR	Broad Goal:		
ACTION GOAL #1	ACTION GOAL #2	ACTION GOAL #3	

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GOAL	EXTRACURRICULAR
What is one broad goal you want to set?	What is one broad extracurricular goal you want to set?
What is one broad goal you want to set?	What is one broad extracurricular goal you want to set?
WITH GOAL	COMMUNITY INVOLVEMENT
What is one broad goal related to your community involvement?	What is one broad goal related to your community involvement or getting involved in your community?
What is one broad goal related to your community involvement?	What is one broad goal related to your community involvement or getting involved in your community?

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# GOAL REFLECTION WHEEL

Letter to My Future Self

**Instructions:**

- The circle is divided into four equal sections, each labeled with one of the goal categories: Academic, Extracurricular, Personal Growth, and Community Involvement.
- Within each section, write your broad goal at the top and list 3 actionable goals beneath it.
- Use a color-coding system to track your progress throughout the year. As you make progress on your goals, you can shade in portions of each section.

The wheel is a circle divided into four equal quadrants by a vertical and a horizontal line. Each quadrant is labeled with a goal category in a curved banner at the outer edge: **ACADEMIC GOAL** (top-left), **EXTRACURRICULAR GOAL** (top-right), **PERSONAL GROWTH GOAL** (bottom-left), and **COMMUNITY INVOLVEMENT GOAL** (bottom-right). Inside each quadrant, there are three concentric circles. The space between the outermost and middle circles is labeled 'Broad Goal:' on the left side of each quadrant. The space between the middle and innermost circles is labeled 'Actionable Goals:' on the left side of each quadrant. The center of the wheel is a small solid circle.

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ACTION PLAN		
#1	ACTION GOAL #2	ACTION GOAL #3



# Action Plan Timeline and Obstacles and Solutions Chart

Help students stay organized, anticipate challenges, and develop actionable strategies to achieve their goals.

Name: \_\_\_\_\_Date: \_\_\_\_\_

OBSTACLES AND SOLUTIONS CHART

Letter to My Future Self

Instructions:

Identify potential challenges that could make it difficult to achieve your goals, and brainstorm possible strategies or actions you can take to overcome these obstacles.

OBSTACLE	SOLUTION

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Name: \_\_\_\_\_Date: \_\_\_\_\_

ACTION PLAN TIMELINE

Letter to My Future Self

Instructions:

Identify each milestone as a key stepping stone towards each of your goals, and set a specific due date by which you would like to reach each milestone. Use the **Action Plan Timeline** to track your progress and ensure timely completion.

Milestone	Start Date	Due Date

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Name: \_\_\_\_\_Date: \_\_\_\_\_

ACTION PLAN TIMELINE

Letter to My Future Self

Milestone	Start Date	Due Date	Action Steps	Notes

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Name: \_\_\_\_\_Date: \_\_\_\_\_

OBSTACLES AND SOLUTIONS CHART

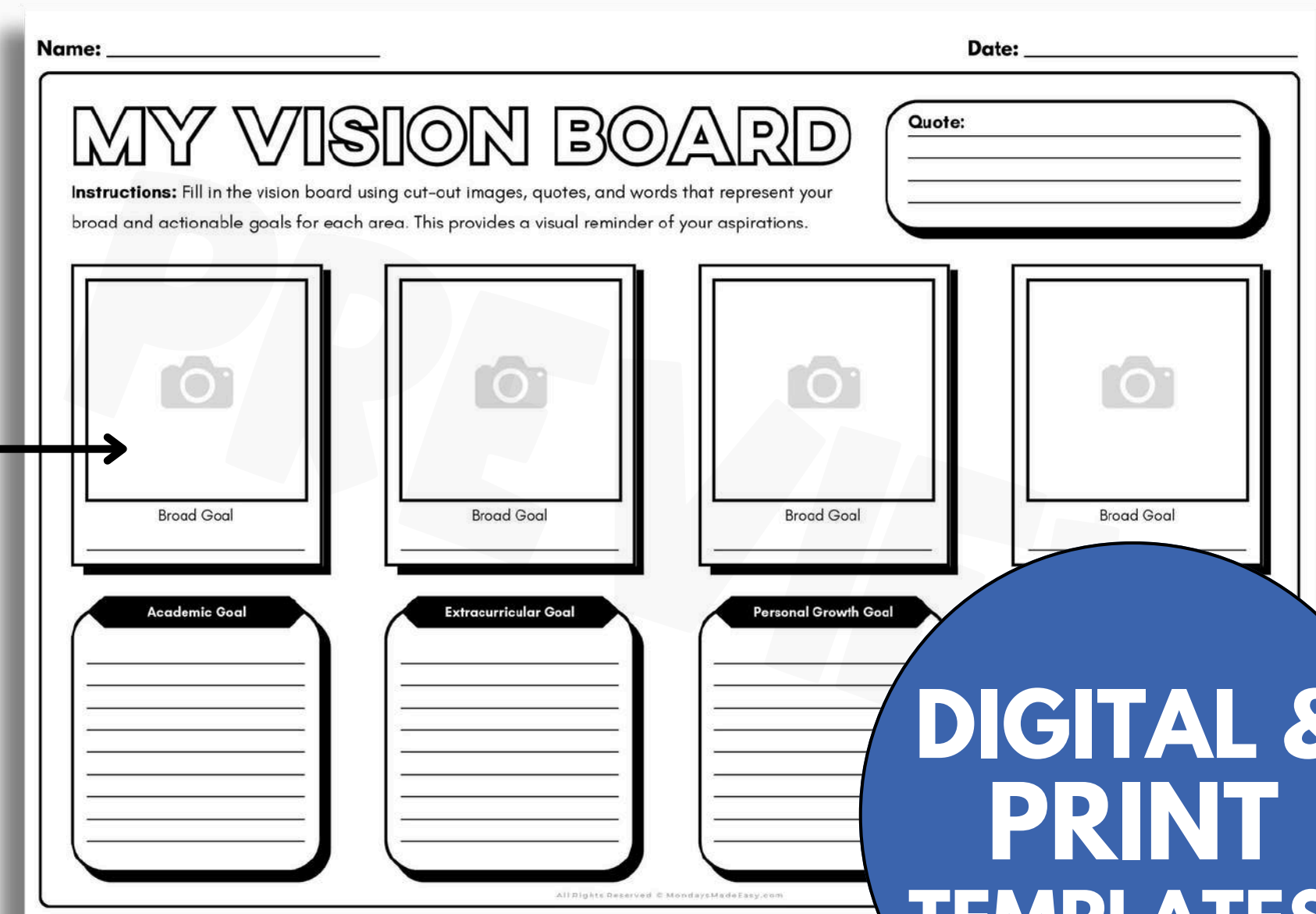
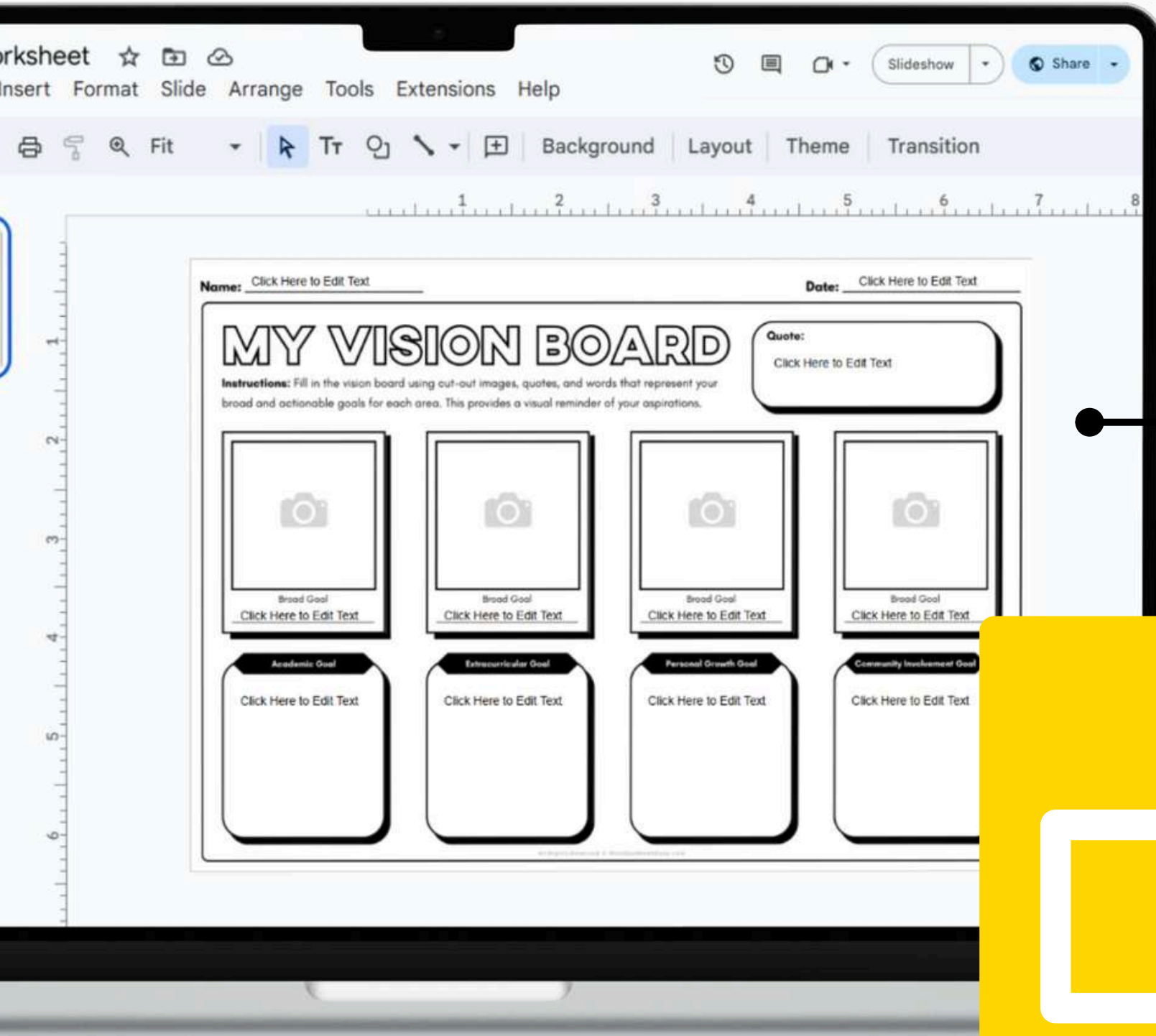
Letter to My Future Self

OBSTACLE	SOLUTION

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# Vision Board Template

Students will use images, quotes, and words to visualize their goals



# Letter Writing Activity

Use the materials provided to guide students through a future writing activity