

# YOUR ANNUAL LETTER FROM THE FUTURE

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Once a year, I sit down and write a letter dated one year in the future—describing the year as if it has already happened.

Writing from the future helps **clarify what matters** before the year begins to fill itself with noise, urgency, and obligation.

**Sometimes belief really does come before activity.**

This simple worksheet will guide you through the same process I use—step by step—without overthinking or overwhelming.



## HOW TO USE THIS WORKSHEET

- Set aside 20–30 quiet minutes
- Write in the past tense, as if the year has already happened
- Be honest, not perfect
- Don't overthink or over-polish your writing

## YOU'LL BE GUIDED TO REFLECT ON:

- How you want your time to feel
- What you want to protect
- Where structure could create space
- How you want to show up for the people who matter most

## WHAT THIS WORKSHEET IS:

- A reflection exercise
- A way to clarify priorities
- A practice in intentional living

## WHAT THIS WORKSHEET IS NOT:

- A goal-setting worksheet
- A productivity system
- Something you need to share

# HOW TO WRITE YOUR LETTER

## 1. DATE YOUR LETTER ONE YEAR FROM NOW.

Write in the past tense, as if the year has **already happened**.

## 2. NAME THE THEME OF THE YEAR.

What **single idea** defined the year? For example: balance, health, focus, presence, structure, etc.

## 3. TIME: WHAT DID YOU PROTECT?

Describe how your use of time **felt different**.

## 4. HEALTH & ENERGY: WHAT DID YOU REBUILD OR SUSTAIN?

How did you steward your physical and mental energy?

## 5. WORK & CONTRIBUTION: WHO DID YOU SERVE?

Reflect on **impact** rather than accomplishment.

## 6. RELATIONSHIPS: WHERE DID YOU SHOW UP INTENTIONALLY?

Which relationships deepened and **why**?

## 7. STRUCTURE → OPPORTUNITY

Where did **structure** create unexpected space?

## 8. CLOSING

End with **gratitude** and clarity. Sign your name.

