

## **DIRECTIONS**

**Use the template below to write a letter to yourself. Fill in the blank areas to help compose your letter.**

**You can also set the date you write the letter and when you plan to read it again. This will allow you to check in with yourself on progress.**

***Optional:* Place letter in a self addressed envelope and put it somewhere you can easily locate later.**

**Print as many copies as you see fit.**

# LETTER TO MYSELF

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Today's Date \_\_\_\_\_

I will read on \_\_\_\_\_

Dear Self,

I am writing this letter to remind you that you are \_\_\_\_\_

I am so proud to see how far you have come. I know you have experienced a lot

of \_\_\_\_\_

in your life, but do not let it stop you from reaching your goals.

Remember you are important and \_\_\_\_\_

Do not forget that each day you are capable of \_\_\_\_\_

Accept the mistakes you have made as learning experiences. Your story is still  
being written.

Love yourself first and \_\_\_\_\_

Do not give up on yourself, the best is yet to come.

Love,  
Self