

WORD UP

(CREATIVE WRITING)

“THE GREATEST DANGER FOR MOST OF US IS NOT THAT OUR AIM IS TOO HIGH AND WE MISS IT, BUT THAT IT IS TOO LOW AND WE REACH IT.”

Michelangelo

Imagine that you miraculously just received a letter from your future self, five years in the future. You have just lived the most courageous, empowering, and victorious years of your life. What is your current lifestyle like in five years? Write this letter in the present tense, and don't be scared to dream big!

DEAR SELF,

I am alive and well five years in the future. You are going to love it. Here is a quick check in on what is happening right now...

WORK OR SCHOOL. Where are you in school or working? What are you doing or studying? Who are you working or studying with? How are you doing financially?

BODY/ PHYSICAL HEALTH. Are you free of disease? Are you strong, flexible, and do you have good endurance? Are you stress free, full of energy, and focused? Do you eat healthy foods and drink a lot of water?

RELATIONSHIPS FAMILY/ FRIENDS. What is your relationship with your family like? Who are your friends? What are your friends like? Are they loving, supportive, and empowering? What kinds of things do you do together?

PERSONAL LIFE. Do you meditate or exercise your spiritual areas? Do you go to church, mosque or synagogue, read inspirational books, attend workshops? Have you worked through past hurts? What other desires do you have or are you fulfilling (for example, traveling, learning a new instrument, new language, etc.)? Are you in a romantic relationship? Does this person respect you, serve you, and listen to you?

COMMUNITY LIFE. What does your community look like? What volunteering opportunities are you taking advantage of? How are you making a difference in the lives of others? Who are you helping?

RECREATION. What do you do for fun? How do you spend time with friends? What are some of your favorite possessions that you like to use?
