

FUTURE ME

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<https://www.futureme.org/>

Future Me is a website which automatically sends you an email you have written to yourself at a set date that you decide. It is so easy to get caught up in the momentum of life that we sometimes forget to check up on ourselves truly and deeply, forget the things that matter to us in the moment, the things that we love, the thing we laughed over till our ribs got sore last week.

Write a letter to your future self to ensure you don't forget, and to provide yourself with a bit of future joy!! Just make sure to be kind, a little bit of gentleness goes a long way, and opening the email to a warm hug will be so rewarding!

Possible ideas to include:

- A poem to your future self
- Link to your current playlist
- What is something that you are going to do to treat yourself, and have fun at the moment?
- Give yourself a pep talk, remind yourself of your wins and that you are capable of getting through it!
- What hobbies are you in to at the moment? What hobbies do you want to pick up?
- Favourite recipe at the moment (include the recipe!! transport your future-self back to the ramen you were addicted to eating, the raspberry-vanilla cake you thought was divine)
- Your favourite movies, films, books, TV shows, podcasts, albums, artists, etc. at the moment!
- Happiest memory at the moment, or in the past
- When was the last time you laughed? What was it about?
- Who are the people that make you the happiest at the moment? What do they do that makes you feel joy? What qualities do they possess that you enjoy?
- Best three things that happened to you this week
- Three things you are grateful for
- Ideas for things you can do as small acts of kindness
- What was the last dream you had?
- What are your current life goals? Or top three things on your bucket list?
- What place are you most excited to visit in the future? Why?
- Ask yourself some questions:
 - o What lessons have I learned up until this moment?
 - o Am I living this life true to myself?
 - o Am I spending enough time on things that matter?
 - o What is important to me?
 - o What are my current beliefs on family, friends, health, relationships, career, spirituality, finance and money?
- Check in with yourself, some prompts for self-reflection:
 - o What do I want to remember in the future? What things are super important to me that I don't want to forget?
 - o What are my goals for the future?
 - o What habits should I start to be healthier mentally? What things can I change that I am doing right now that negatively affect my mental health or are self-destructive?
 - o What relationships do I need to put more effort into? What ones are toxic?
 - o What should I add to my life?

What date to set it to send?

Well, that's up to you! However, we do have a few of suggestions:

- Next week, a little pick me up in lockdown
- End of term, remind yourself that you're nearly there!
- End of exams – Year 12 students, remind yourselves that you have done it! You've made it!
- ATAR day (a little bit of kindness for you VCE students)
- New Year's Eve/Day
- Or any other time you think you might like to hear from yourself!