



Worksheet 3 – Dear Me...

Identifying what you hope for yourself is important to help you set future goals.

Please try the “Dear Me” letter to your future self. This exercise can help you reflect on your current life and what your best life would look like. After you’ve written your letter, please keep it somewhere safe to read and reflect regularly to keep you on track.

Take a moment to consider what your hopes and dreams are...

Dear Me,

*Sincerely,
Myself.*