

Putting it into Practice

LETTER TO MY FUTURE SELF

HOW TO WRITE YOUR LETTER

- Consider the key points that you hope to remember from the training and also the most important actions you hope you'll have taken. Summarise these in your letter to yourself and remind yourself why this is important.
 - You might find it helpful to attach your notes or action planning from the course to the letter to jog your memory
 - Be kind to yourself! It's often hard for us to put things into practice once we return to the busy-ness of day to day life, so use your letter to yourself as a chance to remind yourself of what was important and why rather than as a chance to beat yourself up if you've not achieved it.
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HOW TO SEND YOUR LETTER

There are different ways of doing this, you could:

- Store it as a file on your computer and set a reminder in your calendar to read it in 3 months' time
 - Send it as an email to yourself with a delay using the 'send later' feature if you have it
 - Send it via FutureMe.org
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MY LETTER

Write your letter here – don't forget to decide how you'll send it.