



**New Dorp High School
Future Teachers Academy
“Letter To Self” Summer Assignment**

Just imagine writing a letter to your future self five years from now, then opening it at that exact moment five years down the road to read the message that the past you left for your future self. It is a useful supplementary tool to be used in goal achievement, because when you write the letter to your future self, it helps crystallize your ideal vision for yourself in the future. As you read the letter in the future, you can assess how many things match up (or not) versus your expectations in the past and think about why that’s the case. Often times, the goals we set and our goal achievement process are subjected to a lot of changes along the way, due to varying obstacles, unanticipated circumstances, and changing priorities. This “Letter To Self” is for you, and it should deal with the elements and aspects that are important and real in your life – the good as well as the bad. You may want to view your LTS as a personal time capsule. The more honest you are with yourself the more you will appreciate and value your LTS in years to come. This “Letter to Self” (LTS) has six parts: A salutation, four guided questions to be answered, and a closing signature.

Procedure and What To Write About:

Look at today’s date. Now imagine you writing to yourself, exactly five (5) years from now.

- Begin your letter with the salutation: Dear (fill in your first name),

Answer the following questions in paragraph form:

- What is happening in your life right now that you might want your future self to remember or to laugh about?
- What are the different dreams and goals you would want to be realized by the time you graduate high school?
- How do you hope you will be different from the person you are today? (Describe how you imagine you will have changed.)
- What advice would you give to your future self?
- Once you’re done, close your letter with the phrase: Sincerely your younger self,
- Then sign your name beneath the closing phrase, print your name neatly underneath your signature, and below that list the date you finish the letter.

This “Letter to Self” (LTS) assignment must be completed by **September 13, 2018**. The letter will be collected by your freshman elective teacher on that date and the assignment will count toward your first marking period grade. Over the summer please work on your letter and remember the purposes of doing this “Letter to Self” are:

1. To provide a record of your life and who you are now.
2. To anchor in time your current views, attitudes, and outlook.
3. To explore your feelings and opinions about a variety of issues.
4. To create a document that, years from now, will have significant value to you.

*New Dorp High School
Future Teachers Academy
"Letter To Self" Ideas & Activities for Enhancement*

As you work on your LTS, consider the following suggestions. They could improve and enhance your project:

1. Include photographs of you, your family, and friends.
2. Draw a map of your community and mark special locations.
3. Create a personal montage/collage with quotes, pictures, illustrations, etc.
4. Cut out articles from newspapers or magazines about significant current events and issues important to you and your world.
5. Make a list of your favorite activities, TV shows, foods, movies, songs, musical groups, books, sports teams, professional athletes, music videos, video games, etc.
6. Create a new section of your LTS called "Favorite Memories."
7. Think of something not on this list to include in your LTS.

A handwritten letter is acceptable. If you choose to type your LTS then please adhere to the following typing Requirements:

Font Size: 12

Font: Arial or Times New Roman

Spacing: Double

Margins: 1 inch on all sides