



CONVERSATIONS WITH YOUR FUTURE SELF

1. Think about yourself and what you want/wanted
 - a. A year ago
 - b. Ten years ago
 - c. A year from now
 - d. Ten years from now

Write a letter to yourself

- a. From your future self in 6 months
- b. To your future self in 6 months
- c. From your future self a year from now
- d. To your future self a year from now
- e. From your future self in ten years
- f. To your future self ten years from now

Really do it.

It doesn't have to be a long letter.

It can all be one document although it works better if you actually go all out and put the future letters into envelopes to be opened at the appropriate time.

This will get you in the habit of being kind to yourself which opens up the portal to writing more.

Share your discoveries at
www.Facebook.com/Groups/HollywoodGatekeepers