Self-reflection

Directions: This is a simple reflection activity. You can answer these questions however you’d like. There is no right or wrong answer so take your time, there is no rush!

How have you changed or grown in the past year?

What is one thing you would like to do differently next year?

What are you looking forward to in the next year?

What are some long-term goals that you would like to set for yourself? Where do you see yourself in 2 years? 5 years?
Letter to your future self: In this portion of the activity you can write whatever ever you’d like. In one year's time, you will look back at this activity and see what has changed. If you need assistance with your letter, see the next page for a letter template.

If you had the chance, what would you tell your future self?

Dear__________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________

__________________________________________________________
Feel free to write whatever you'd like but if you need assistance with writing this letter here is a template you can follow.

Dear (your name),

Hey! Today I am (number) years old and I am in (number) grade. Today is (today’s date). My favorite thing to do right now is (blank). My favorite color at the moment is (color). In the next year, I want to learn to (activity/hobby). One thing I want to do next year would be (what would you do). I would like to do this because (why would you do this). One thing I want to accomplish would be (one thing). Something that I am proud of this year is (blank). My goals for next year are (goals for next year). Good luck (your name)!

Some advice for you, (give your future self some advice).

-Yours truly, (your name)
Dear ________,

Hey! Today I am ______ years old and I am in ______ grade. Today is _______. My favorite thing to do right now is _______________. My favorite color at the moment is _______. In the next year, I want to learn to _____________. One thing I want to do next year would be _____ _______. I would like to do this because ______ _______. One thing I want to accomplish would be _____ _______. Something that I am proud of this year would be __ ____. My goals for next year are ________________ ____________, Good luck ________! Some advice for you, ________________________________.

-Yours truly, ____________