LETTER TO MY FUTURE SELF

DEAR FUTURE SELF, REMEMBER YOUR STRENGTHS.....

Even if you find yourself in a place where everything seems hopeless, you're able to find the best in life. You'll always be able to claw your way out, so no situation is the end of the road. You learn fast and easily, so if you work towards your goals, you'll excel in whatever field you're in.

REMEMBER YOUR MOTIVATION TO SUCCEED...

There are people in your life that you need to do your best for. Succeeding in the present is the best way to set yourself up for success in the future. While money doesn't equal happiness, it gives you a myriad of opportunities you wouldn't have otherwise, like seeing and taking care of the people you love.

REMEMBER TO TAKE CARE OF YOURSELF...

The reason you never think eating well, excersizing, and sleeping well will make you feel better overall is because you've never been able to do so all at once. Give yourself grace, especially when it comes to your mental health, but know that you need to keep a standard for yourself, so you don't feel worse than you already do.

REMEMBER WHAT TO DO IF YOU STRUGGLE OR FAIL...

Take a moment, and try again. Like I said earlier, nothing is the end of the world. as long as you're still breathing, there's some way to get up and move forward. The people in your life are what's worth living for, and everything else is secondary to sustain your life.

REMEMBER THAT YOU ARE NOT ALONE...

You've got me. You've also got, well, those people I keep mentioning. There are people out there who are willing to help you and get you where you need to be. Don't be hesitant to ask for help, as even if you think it's embarrassing, they likely won't remember you tomorrow.

FINALLY, REMEMBER THAT...

Everything will generally be okay. Through the worst days, there will always be best days. The acquisition of knowledge and the growth you can experience as a person are what makes it worth moving forward. You'll always be able to get back up onto your feet if you just focus and plan ahead.