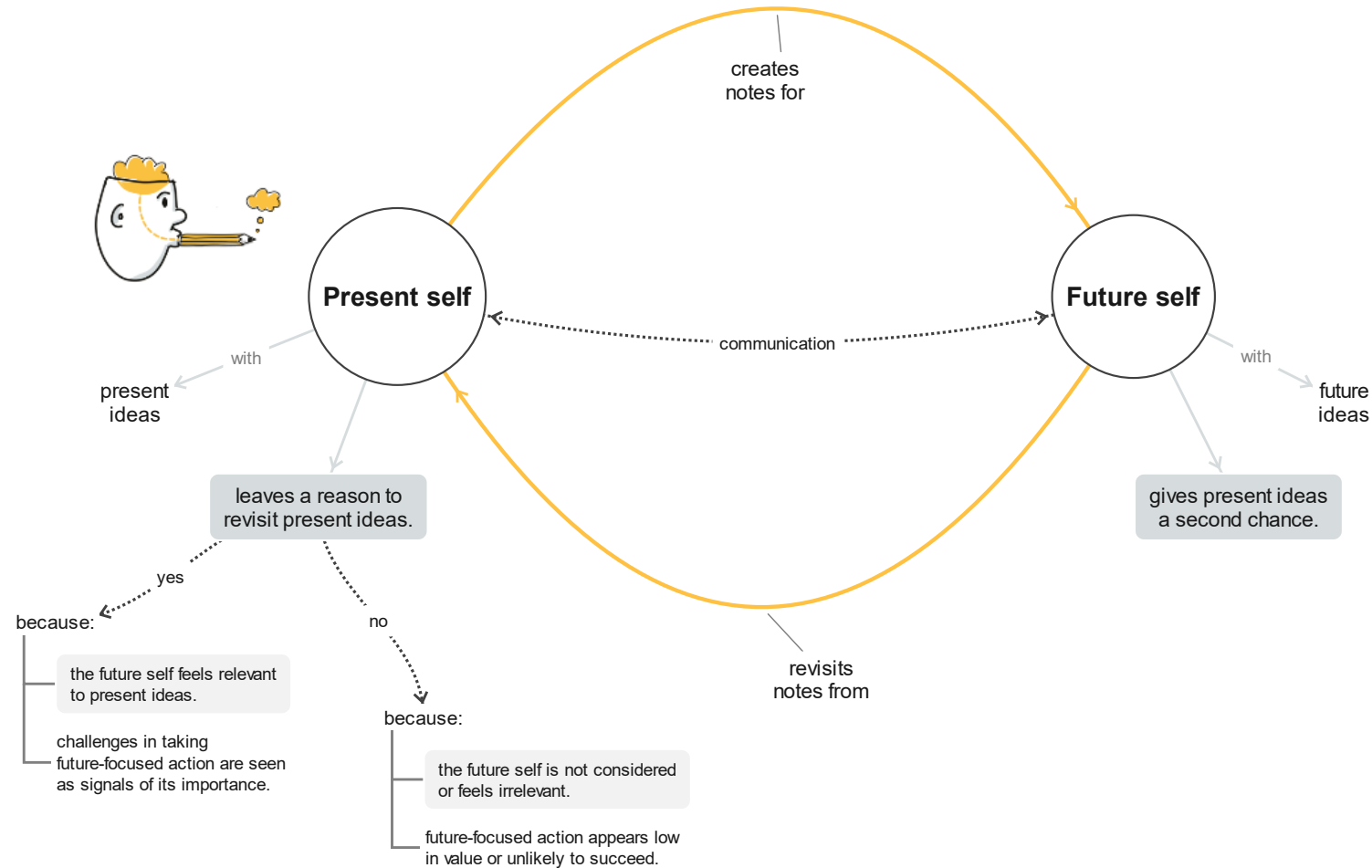


Write Notes to Your Future Self

Concept Map from Zettelkasten | v0.3 | 03.02.2025



Reference

- [1] Fast, Sascha. "Develop Empathy with Your Future Self." Zettelkasten Method. <https://zettelkasten.de/posts/develop-empathy-future-self/>.
- [2] Oyserman, Daphna & Horowitz, Eric. (2022). Future Self to Current Action: Integrated Review and Identity-Based Motivation Synthesis. [10.31234/osf.io/24wvd](https://doi.org/10.31234/osf.io/24wvd).

WHY

- Make notes about ideas you care about.
- Tag with an interesting theme.
- Link with other promising ideas.
- Add a question to be answered.
- Create an open task.

HOW

- Review your notes regularly.
- Use a clear and descriptive title.
- Include a timestamp.
- Use significant keywords.
- Connect with the names of authors and experts.
- Keep a link to the source.
- Reference idea from a Structure Note.

Simple Rule

Search begins with writing your note.



Make Useful Notes

<https://github.com/groep1/Take-Useful-Notes>