Five Year Letter

Key:

[ ] = Customize for yourself

Red Text = My comments/instructions

[Insert Current Date] I always write these on my birthday so I can read them on my birthday, but you can write them on any date annually that you choose.

Hello [Current Year + 5] [Your name],

[Letter Content]

The idea of a Five Year Letter came from my High School English teacher, Ms. McEvoy. She had us write letters to our future selves as Seniors, and then sent them to us 5 years after high school graduation. I started doing this for myself because I really enjoyed seeing what my past self thought about my life. If you start now and continue to write letters every year, in five years you will have a letter to read every year for the rest of your life. I put in here a recap of the year’s events to look back on down the road. It is interesting to reflect on what happened and remember the good, the bad, and everything in between. You can include a summary of big events or add in specific events that were really meaningful or impactful to you this year. You can also add in what your goals are for the next five years, where you think you’re heading, etc. A lot can change in 5 years, so I try to include as many things as possible: current friends, job, tv shows you watch, etc. When you finally read it again in five years, you can see how well your goals have been met and/or how much they have changed (how much *you* have changed). This will be what you make of it. Have fun!

[Salutation],

[Current Year] [Your name]