Dear Future Me,

I am writing to you from the present, to remind you of all the goals and aspirations you have set for yourself. I know that you are probably in a much different place than where I am now, but I wanted to remind you of the person you wanted to become.

I hope that you have continued to chase your dreams and that you are living a fulfilling and meaningful life. I hope that you have continued to grow and learn, and that you have found happiness and success in all that you do. I also wanted to remind you of the things that are important to you, the values that you hold dear, and the people who have been a constant in your life. I hope that you have continued to surround yourself with positive, supportive individuals, and that you have maintained the relationships that mean the most to you.

Remember the skills you learned as a part of the Foundation of Leadership course and what your interactions with your feedback group peers revealed about yourself. You are an individual whose greatest traits are humor and self-assurance and I hope you have stayed true to that. I hope that your core values of courage, creativity and family have helped you progress and achieve the greatest success in life. The skills of persuasion, power, and influence as you go up the ladder will be key for you, not only in leading by example but also for maintaining healthy professional relationships. Don’t forget that you always strive for the state of flow and a growth mindset will help you achieve that. Also, I hope you have developed meaningful relationships in your personal life. Remember that according to Maslow, that self-actualisation is the highest goal of all and you can achieve your full potential only through a balance of professional and personal life.

As you move forward in your life, remember to never give up on your dreams and to always believe in yourself. You are capable of achieving anything you set your mind to, and I have no doubt that you will continue to make a positive impact in this world.

With love and admiration,

Your Past Self