

A Letter to my Remarkable Present Self

Who am I now?

Sometimes we get so good at moving forward that we forget to rest in the here and now, and we forget that we are human and need rest and recognition. We often forget to celebrate our progress and achievements because we are on to the next thing on the list.

It's really important to find a balance between focus and idleness, so that we exercise both sides of our brain and allow time for purpose, creativity and fun.

“Who must I become, and how can I immediately start living into that truth with daily practices?”

~ Brendon Burchard ~

Remember that you are the world expert on you, you know best who you are, and who you want to be. No-one else is just like you. So, take some advice from yourself...

Here's what to do:

- 1.** Find a quiet spot to sit.
- 2.** Re-read your letter to your future self that you completed in Module 2. Read over your Life Plan and review where you are up to with your actions and getting things done. Browse through your journal entries to see if anything jumps out.
- 3.** Take some sheets of blank paper, an envelope, and a pen.
- 4.** Close your eyes, take 3 deep, slow breaths, and imagine that the hard work is done—you are the remarkable future you that you imagined. And then—another miraculous event—a rip in the time continuum takes place, and future remarkable you is offered a chance to send a letter back in a time capsule to your present self.
- 5.** The letter can be as long or as short as you like, inspiring, encouraging, instructing, or warning. If you're not sure how to start, here are some things you might like to cover:
 - Advice on how to become and stay remarkable, starting immediately
 - People to meet, places to go, things to do—right now or sooner rather than later, or maybe never

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- Boulders and pitfalls to avoid, patterns and habits you've noticed over the last 10 weeks that need to change
 - Permission, forgiveness, kindness, praise
 - Chat about your values, your strengths, your vision statement, your big why, your goals. Write about the actions you've already taken and the actions to come that will and are making the difference in your life.
 - How you feel, what you think, what you're doing, and what you now believe.
- 6.** When you're ready start writing. Be as helpful and kind as you can. Write for as long as you like...
- 7.** Once you're done, read it over once. Put it into an envelope addressed to yourself, add a stamp, and ask a friend to post it sometime in about 3 months, or when they feel intuitively that it's time.



*"It is never too late to be what you
might have been."
~ George Elliot ~*