

# LEARNING

DEVELOPMENT & SUCCESS

## Letter to My First Year Self Worksheet

There is a wonderful feeling of accomplishment and pride that we feel when we accomplish our goals. Imagine writing to your future self at the end of your first year of university...what would you say to yourself? How will you have changed since you began university? What goals will you have achieved? Envisioning your dreams and goals for the future is the first step to help you begin to take concrete action towards achieving them.

### Instructions:

In this activity, you will write the outline for a letter to your future self at the end of your first year at Western.

### **The purpose of this activity is to:**

- Reflect on your current views, feelings and attitudes about your upcoming year of university.
- Identify goals/dreams you want to have realized by the end of your first year at university.
- Create a document that will be valuable to you in the future.

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1. Today's Date: \_\_\_\_\_

2. What are you most looking forward to about your first year at university?

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3. What are you feeling worried or nervous about as you begin university?

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4. What are you most looking forward to learning this year?

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5. If you could give one piece of advice to your future self, what might it be?

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6. What will you be most proud of accomplishing during your first year of university?

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**Once you're done put this activity away in a safe place.**

- Tuck it into an envelope and seal it.
- On the cover you could write your name and the date that you want to open it at the end of the academic year (e.g. May 1<sup>st</sup>, 2021).
- Set an appointment in your calendar to remind yourself to open this letter on the date you chose.