

Start a letter to your future self

Capture a small detail, leave an open question and choose a date that gives the letter meaning.

01 Pick one detail your future self might forget

Start a letter with a small detail from an ordinary room. Use a made-up example here if you prefer.

Write the opening sentence

02 Leave a question for yourself to reopen

Imagine opening a letter in three months. What question would let you compare then with now without demanding a particular outcome?

Write the question

03 Choose a reopening date that gives a letter context

You are writing to yourself the night before the first week of a new class. Which reopening moment helps you look back on that particular experience?

- ▢ The final day of the course
- ▢ A random minute later tonight

Worked answers
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