

Concord Summer Experience



Activity Title	Dear Me: Letter to my future self		
Activity Overview	In this activity, you will learn how to write a letter. You will think about three goals that you want to achieve in five or ten years' time, and write those goals down in a letter to yourself.		
Activity Duration	1 hour	Resources Required	➤ Worksheet, online video, youtube video
Activity Summary			
<p>Today's activity is all about planning for the future. In this lesson you will be thinking about what you would like to be doing (or have done) in 5 years' time. You will then learn how to write an effective letter and you will practice this by writing a letter to your future self.</p> <p>I would like you to think of three goals and break them down into three areas: what, why, and how?</p> <p>What would you hope your future to look like? Today you are going to take some time to look at where you want to go in life. What would you like to do with yourself? What would an ideal future look like in 5 years' time? It's a question that is important for everyone to ask themselves. Many studies show that human beings are more successful and fulfilled when they orientate themselves around a goal. If we do not have goals in life, we can become a little bit lost. So today you will take some time to brainstorm your ideas. What would you like to be doing in five years' time? What would you like to have achieved? Would you like to be at University? Do you know what course you would like to study? Are there any other things you would like to do, such as travelling, or becoming good at a new sport? Use the worksheet to brainstorm some ideas. You might want to separate these ideas into different topics. For example, write down goals about education, work or sport. Remember it's better to be specific! For example, it's better to say "I want to be a doctor," than "I want a good job." If your goal is too vague, you may not know whether you have achieved it or not!</p> <p>Next, you will think about why you want to achieve these goals. Frederick Nietzsche, the famous philosopher once said a person "who has a why, can bear almost any how." This means that if you know why you want to achieve a certain goal, you will be motivated to overcome all the challenges along the way. Take some time to think about your goals, and why they are important to you. For example, a University degree might help you to make money and buy your dream house. Becoming a teacher will allow you to help people, which you might find rewarding. Perhaps becoming a black belt in taekwondo might help your confidence.</p> <p>Finally, you need to write down some specific ideas as to how you will achieve your goals. For example, if you want to speak Spanish in 5 years' time, you might want to study for 20 minutes every day. Remember that it is better to be specific. If, for example, you want to become a writer, it is better to say "I will write a journal every day for 10 minutes," than "I will work really hard to become a writer."</p> <p>So have a think and go through the worksheet. Write down your plan for the letter. What do you want? Why do you want it? And how do you plan to achieve it?</p>			