

write a letter to yourself

mumshine



active exercise



individual

Visualisation is a powerful tool for making change. We want to make the future state that you want to be, feel as real and alive as possible. This is a fantastic source of motivation as it allows you to experience a taste of success and be able to identify positive changes as they happen.

A great tool to do this is by writing yourself a letter (or for those that prefer, draw a picture, make a mood board or even make yourself a voice memo to play). Looking at this every day will help keep the motivation alive and increase your ability to overcome any obstacles or setbacks that may come up along the way.

step one - find a quiet space

Find yourself a quiet space to do your project. Ideally somewhere that is aligned to your goal or somewhere you feel naturally safe, confident, happy and calm. Close your eyes and picture what it would look like if you achieved your goal tomorrow. How would you know things had changed, what does it feel like, what can you see, hear, touch and smell. Spend time in this place, really enjoy your achievement and soak it all in.

step two - write your letter

Start by writing to yourself. You will be writing to yourself from the future that you visualise. Like you are on holiday and writing about the amazing adventure you are on to your friend. Write in the first person using "I statements":

- What the future is
- Describe in depth what it looks like using all five senses (touch, sight, smell, taste and sound)
- How you feel in this place
- How those around you feel in this place
- What is special and noticeable about it
- What is exciting or comforting

Next talk a bit about the journey to get there. :

- How the journey was
- What strengths you used to get there
- Who helped you
- What other resources got you there
- Any adversities you overcame
- What you learned about yourself

Finally finish the letter off with some positive words of encouragement and say, I can't wait for you to be here with me and sign your name.

step three - keep it handy and look at it every day

Over time as you make progress and get closer to your goal. You may want to write yourself another letter celebrating the successes and achievements, providing further encouragement and adjusting your end vision as it evolves.