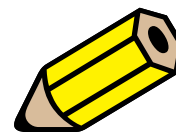


A note to my future self



Instructions: Write a note to your future self, then stash it in a secret places like a squirrel with acorns. You'll be surprised now many turn into oak trees. Or, mail it to yourself so they are stamped with a time and place. And label it with "Do NOT open until _____."

A birthday is a good event to both write yourself a letter and open the one from the previous year. But any day will do.

In one year from today, I will be proud of myself for:

I would like to tell my past self:

I would like to tell my future self:

I would also like to remind myself:
