



From the Future with Love

Imagine that you could bend time and sit down to tea with yourself at age 95. What would your older and no doubt wiser self, who already knows how it all turned out, say to you? Fill in the blanks in below from that perspective:

1. I'm so happy that you had the courage to _____
_____.
2. Please let go of those bad feelings about _____.
I realize now it didn't matter in the big picture.
3. I'm most proud of you for _____.
4. Please spend more time doing _____.
5. Remember to always be grateful for _____.
6. Never doubt that you are good enough, smart enough and talented enough to
_____.