



DEAR FUTURE ME,

Write a letter to your future self!



PREPARATION

- A** Download and print copies of the “Dear Future Me,” worksheet for each student in your class.
- B** Ensure that students have a pencil.

ACTIVITY

- 1** Start the activity by reflecting with your class (5 min).
 - The Teacher will ask, “Why is setting goals important?”
 - Once students have shared, the Teacher will say, “Thank you so much for sharing! In order to grow, it is important for us to set goals for ourselves and actively work towards achieving our goals with actions and strategies. It is also important that we monitor our progress toward our goals so that we can make adjustments as needed. Today, you will think about a goal that you would like to achieve and write a letter to yourself about how you will achieve it.”
- 2** Write!
 - Students will independently complete their “Dear Future Me,” activity (10 min).
- 2** Collect!
 - Student worksheets can be collected and stored by the Teacher.
- 4** Distribute!
 - Student worksheets can be distributed at the end of the quarter or School Year.
 - Be sure to tag photos of your activity with **#GrowwithMojo** and tag **@ClassDojo**

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Dear Future Me,

1 I am proud of myself for

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.....

2 Something that I want to do better is

.....
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2 My current goal is

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2 In order to achieve my goal, I will

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2 When I'm struggling to meet my goal, I will

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2 When I accomplish my goal, I will feel

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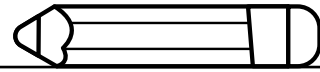
Signed,

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(Write your name here)

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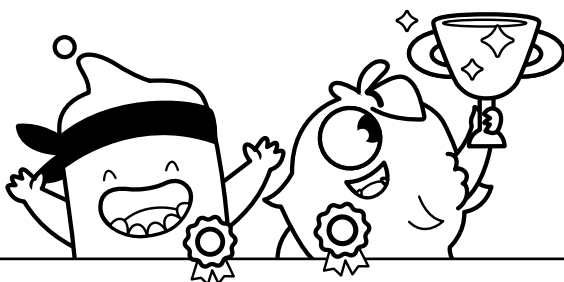
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Signed,

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(Write your name here)