

## Letter to My Future-Self



### Reflective Exercise

#### Instructions:

For this assignment, you will write a letter to your future-self. The specific content and format of the letter is entirely up to you, but the letter should aim to remind your future-self about values, feelings, lessons learned, hopes and goals for the future, and changes you want to make at this point in your life. This is an opportunity for you to analyze personal values, and to consider how your actions may affect others around you, your future goals, and your educational success. You may want to consider answering the following questions in your letter:

- **What has living in residence been like so far? What has university been like so far?**
- **What is most important to me at this point in my life? What values drive my life right now?**
- **What are my goals for this year?**
- **What are some long-term goals and aspirations that I have?**
- **What expectations do I have for my university career?**
- **Where do I see myself at the end of my first year in residence?**
- **Where do I see myself at the end of my undergraduate degree?**
- **What do I want to express the most about how I feel at this current point in my life?**

In completing this assignment, we hope that you will learn about your own values, beliefs, and motivations. More importantly, you are giving yourself the valuable opportunity to evaluate how well you succeeded in staying true to your own values and goals when you open this letter in the future.

The date on which you open the letter is entirely up to you. Depending on what kind of goals, values, and reflections you write about, you may choose to open it at the end of your first year in residence, when you graduate, or to commemorate another milestone that you decide upon yourself.

#### Requirements:

**Length:** Minimum 500 words (Approximately 2 pages, 12 pt font, double-spaced)

**Style:** Your writing does not have to be in a formal academic style, as it is a letter to yourself, but you should use appropriate language, spelling and grammar. You may also include pictures, quotations, or anything else that you think is appropriate to include in a letter to your future-self. Bear in mind that the Community Standards Assistant will also be receiving a copy of this letter, however, Student Housing Services is dedicated to upholding the utmost standards of confidentiality. Your letter will only be read for completion and quality of the submission.

**Deadline:** You will retain one copy of the letter for yourself in a sealed envelope that you will open on your decided opening date, which you should list on the outside of the envelope. You must provide an

additional copy of the letter to the Community Standards Assistant, and explicitly indicate when you intend to open your own letter in the future. This letter is due via email to [rezrules@uoguelph.ca](mailto:rezrules@uoguelph.ca) by 11:59 pm on the due date outlined in your sanction letter.

Assignment developed by Victoria Miller, *Community Standards Assistant*, Student Housing Services. University of Guelph. 2011.