

# THE **RUN** EXPERIENCE

## LETTER TO YOUR FUTURE SELF

Writing a letter to your future self is a fun exercise that lets you reflect on your current life as well as set goals for an ideal future. Even though it's a simple exercise, you should take it seriously to get the most out of it. Spend some time brainstorming ideas before sitting down to write the letter itself.

Here are some guidelines to help you get started.

### **PART 1: TALKING ABOUT WHO YOU ARE NOW**

- what's going on in your life now - daily schedule and priorities
- current health assessment - good and bad
- talk about key values and beliefs surrounding being healthy
- note your culinary skills and abilities (positives and negatives)
- assess the best and worst parts of your diet, have you always eaten this way, where did your food practices come from etc.

### **PART 2: ADDRESSING YOUR FUTURE SELF**

- what are your goals and hopes with this 4 week challenge, where do you want to be in 28 days
- what do you want to stop, continue and start doing
- give yourself advice - how will you accomplish this, how will you avoid self sabotage, how will you set yourself up for success - advice can be both simple and complex
- what will your nutrition and 'food' life look at the end of the 28 days

### **BENEFITS TO LETTER WRITING:**

- Fuels your vision
- Allows you to connect and grow your relationship with your true self
- Reminds you of how far you have come
- Lays out goals and dreams you want to achieve
- Gives you evidence to trust your own judgment
- Helps you to be confident in your decision-making
- Helps clarify what is important to you
- Gives you motivation to keep going
- Is always there for support and guidance