Postcard From Your Future Self

Pretend as though it is 1 year from today and you are writing a postcard from your future self to your current self about what your life is like:

-In an ideal world, what is your future, Best Self, doing?
-Where is she (physically, with her job, in relationships, etc.)?
-What is your she doing (literally, how does she spend her days/weeks)?
-How does she feel (about herself, her life, her loved ones, her job, etc.)?
-How does she respond to "life" getting in the way of what she wants (eg inconveniences, illnesses, long work hours, fighting kids, bad weather, etc)?
-What behaviors does your she engage in on a regular basis?
-What adventures is she having?

Make sure to date the postcard with today's date so that you can re-read it a year from now and see how much of your dreams you've made come true!

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_____
(today's date)

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