



## 12 Month Letter to Future Self

### Why write a letter to your future self?

It is very helpful to write a letter to yourself as it helps magnetise your goals and wishes in your life. This may change and is intended to be a fluid process, because the act of writing will help in manifesting your wishes, your goals. In 12 months, you may be further along the way, what you have written may well come true entirely, or not. The exercise about being non-attached to the outcome and using the mental body to help in your manifestations. It also helps gain purpose and clarity about your direction, which can be quite evasive.

### How to write a letter to your future self.

Commence in a relaxed state, preferably after sitting doing the Conscious Connected Breathing exercise (which may be emailed to you if you do not already have it) followed by some meditation. Allow yourself to imagine, dream, picture in a magical way what, without any limitations, you would like to be experiencing and living twelve month's from the day the letter is being written. What comes to you may well be from your Higher Self, the Spirit within, God or whatever name you would give the energy resonating as the truth within you as being part of, or all of your support.

Look at today's date. Imagine you writing to yourself, exactly one year from this day. What would you want to say to your future self?

- How would you like your future self to be like one year in the future?
- What are the different dreams and goals you would like to be achieved by then?
- What outcome would you like to be experiencing in the areas of your life by then?
  - Occupation
  - Family
  - Health
  - Spirit
  - Personal growth
  - Financial success
  - Manifestation in other areas
  - Relationships
  - Leisure time

### When completed

- Sign, date, seal and put into an envelope.
- On the cover write to '... your name'. To be opened on '... date'.
- Put it into your calendar to open on that date.
- Put envelope in a safe place where no one can access it. Make a note where that is on your calendar.
- Celebrate yourself doing it and live your life like you have never lived it before, without limitations, with full confidence in yourself and enjoy life!

### Where to store

Besides the hard copy you may have a soft digital copy, in case the hard copy is lost.

### And Finally -

Best of luck and have fun with this exercise, doing it as spontaneously as possible, the less thinking the better. The exercise is to help draw opportunities to you in your life. The precise outcome is outside of your control. What you are doing is setting yourself up for success, working with your unconscious mind and spirit.

Wishing you well.

Love,  
Lynette xo

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