



DAY 1 · THE FUTURE ME LETTER

Dear Day 90 Me,

— one page. One quiet sit. Sealed in an envelope with your name on it.
Opened on Day 90.

For the parent: This is the kid's letter, not yours. Hand her the printed page. Set a timer for ten minutes. Pour her something to drink. Leave the room. She fills in whichever sections she wants, in whatever order she wants, in her own handwriting. When she's done, she folds the page in thirds, puts it in an envelope with her name on the front, seals it, and tells you where she wants it kept. You don't open it, read it, or ask about it until Day 90. The seal is the ritual. The ritual is doing more work than it looks like it is.

Dear Future Me on Day 90 —

PROMPT 1

What I'm nervous about on Day 1.

PROMPT 2

What I hope I can do by the time you open this.

PROMPT 3

What I want you to remember from Day 1.

SIGNED · DAY 1 ME

DATE · DAY 1

Your name, as of today.

The Monday you wrote this.

What to do with this page: Fold in thirds. Put it in an envelope. Write "Open on Day 90" on the front with your name. Seal it. Hand it to your parent. Don't peek — on Day 90 you open it and see who you were.