

Creative Writing
Dr. Sigalas

Dear Future Self: ***The Five Things I Want You to Accomplish
by Dec 31 in the New Year***

Instructions: Write a serious letter to your future self with instructions, hopes, and expectations for 2018. Your letter should:

- Include FIVE serious, realistic goals.
- BE SPECIFIC: Instead of saying "Be nicer to my sister," try "Tell my sister something I like about her 10 times."
- BE POSITIVE: Avoid goals where you tell yourself NOT to do something. Instead, tell yourself to take some action you can actually carry out. Example: Instead of "Stop being mean to the cat," try, "Give my cat a treats every morning for a week."
- BE REALISTIC: This is a serious letter, so nothing like "Swim all the way to Africa" or "Build a robot to attack Dr. Sigalas."
- BE MEASURABLE: Can you measure "be smarter"? No. Can you measure "Pet my dog every day for a month"? YES!
- **Explain WHY the goal is important to you.**

Be funny and creative, but again, these should be real goals. Challenge yourself!