

DEAR FUTURE ME,

Describe yourself. What makes you unique? What are your current interests?
What is your background? What do you appreciate about yourself?

What are some ways you connect with yourself?
What strategies do you use to reset and refocus?

In what areas of your life do you feel like you have strong connections?
(Check all that apply, circle the one that you would want to focus on improving.)

☐ Yourself	☐ Greater Community
☐ Family	☐ Your background / history
☐ Friends / Relationships	☐ Activities / Interests
☐ School Community	☐ Role Model

Who are your people? Who is someone you look forward to seeing everyday?

On a scale of 1 - 10, how well do you connect with others? (1 being needs work and 10 being consistent and awesome)

What are some of the ways you intentionally connect with others?

Why do you think it's important to take time to connect with others?

Till next spring, _____

ONLY **7** SECONDS®