

DEAR FUTURE ME

HOW IT WORKS

Get ready to drop some knowledge on your Future Self and you don't even need a pencil! Send yourself an email to be delivered at a future date, this is the perfect way to keep track of why the tobacco-free movement important to you, set goals and envision the future.

1. Enter <https://www.futureme.org> into your browser.
2. A letter prompt starting with Dear Future Me will be displayed. Underneath that, you will have the capability to write an email to your future self.
3. Write your letter using some of the suggestions below.
4. Once you have completed your letter, you can select when you would like to receive your letter in the future. We encourage you to select a minimum of a year from today.
5. If you would like to send the letter on a specific date to receive the letter on your birthday, or a date that is special to you. You are able to modify the date by selecting Choose Date.
6. Once you have selected your date, enter your email, and select Send To The Future!
7. You will then receive a confirmation email, within the email, select confirm your email.
8. Scroll down to the bottom, to keep track of all emails sent, you can make an account by following the directions.
9. Your email is sent!

HERE ARE SOME IDEAS OF WHAT TO INCLUDE:

- Age & grade level
- A summary of your current self: Include details about your recent interests, extracurricular activities, and any recent accomplishments.
- Things you're looking forward to: This could include a friend's birthday party on your calendar, a family vacation, etc.
- Share your goals and hopes for the future: Think big!
- **MOST IMPORTANTLY:** Include why you joined the TRU movement and the importance of staying tobacco-free.