

“Letter to Self” **Assignment Sheet**

This “Letter to Self” (LTS) has six parts. You can do any part in any order, and the entire project must be completed in class today. You may want to view your LTS as a personal time capsule.

The purposes of doing this “Letter to Self” are:

1. To provide a record of your life and who you are now (beginning of 8th grade)
2. To anchor in time your current views, attitudes, philosophy, and outlook
3. To explore your feelings and opinions about a variety of issues
4. To create a document that, years from now, will have significant value to you

The six parts of the “Letter to Self” are:

ME, NOW: my hopes, fears, dreams, intentions, goals, problems, concerns, likes, dislikes, joys, frustrations; what I like about myself; what I don’t like about myself; what I’m proud of; what I think about; what bothers me; who I am, etc.

MY WORLD: a description of my home, bedroom, school, neighborhood, town; my favorite places to go; chores, allowance, pet(s), possessions, clothes, religion, current events; FAVORITES – books, music groups, movies, TV, etc. Include a map of your room, street, etc.

WHAT I DO: my hobbies, pastimes, sports, school activities; what I do when I’m alone; what I do with friends; favorite snacks and foods; chores; how I spend my weekends and vacations; special activities I do, organizations I belong to, etc.

PEOPLE IN MY LIFE: my family, siblings, aunts & uncles, grandparents, friends, best friend(s), teachers, , who I like, people I’d like to know better, people I admire and respect, important people in my life, people who annoy me, etc.

MY PAST: where I was born, where I lived, growing up, childhood accidents, childhood memories, schools I’ve attended, previous pets, trips I’ve taken, important events in my life so far, former friends, former teachers, teams I played on, previous romances, etc.

MY FUTURE: predictions, what I want to do, my long range intentions, what I’m looking forward to; what I’m dreading; my goals, my hopes and fears for the world; summer vacation, high school, college, marriage, employment, etc.

End of Year Activity

Reflective Questions for your “*Letter to Self*”

Think about all the writing you did for your LTS and the many thoughts that went through your mind as you created it. Then respond to the following questions:

1. How do you feel reading your LTS?
2. Do you wish you had written more in the beginning for your LTS?
3. Which part of the LTS was most difficult for you to do? Why? Be specific in your explanation.
4. Was any part of your LTS different?
5. Which part of the LTS was easiest for you to do? Why? Be specific in your explanation.
6. What did you learn about yourself while reading your LTS? Be specific in your response.
7. What suggestions do you have for me so the LTS can be a better activity for next year?