

Goal-setting: Me in the Future

Personal Goals Letter

In class you will brainstorm your personal goals for the future. Then you will write a letter to yourself about your personal goals.

For this assignment, consider the following questions:

- What will your life be like in five to ten years from now?
- What are your goals and dreams for the future?
- How will you achieve your goals?

Step 1:

Imagine how you want your life to be in one year to five years from now. Take notes about your plans, goals, predictions, or dreams for the following areas of your life:

FAMILY:

FINANCES:

EDUCATION:

CAREER/WORK:

HOUSING:

HEALTH/FITNESS:

LEISURE/ENTERTAINMENT:

COMMUNITY:

OTHER:

Step 2:

Write your letter using the following format (block with date, salutation, body, and closing).

Date

Dear Me,

I am writing this letter to myself about ____ (#) goals I have for the future. First, in (length of time/month/year) I will/am going to ... Next, in (length of time/month/year) I will/am going to ... Finally, in (length of time/month/year) I will/am going to ... In conclusion, I have set these goals for myself. I think I can accomplish them if I ...

Sincerely,

(your name)

Example:

Oct. 10, 2021

Dear Me,

I am writing this letter to myself about three goals I have for the future. First, in five years I will buy a house. I will start saving \$100 extra every month in a savings account. Next, in I am going to get my American high school diploma in five or six years. After I finish my ESL classes, I will enroll in the adult high school classes. Finally, in 10 years I will start my own business. I am going to learn about how I can do it in the USA, and then I will have a landscaping company with my brother-in-law. In conclusion, I have set these goals for myself. I think I can accomplish them if I continue to work hard, save money, and study every day.

Sincerely,

Pancho Carrancho

Step 3:

Use the Web site FutureMe www.futureme.org to submit your letter and have it sent to you in six months to one year from now. At that time, check on your progress toward your goals. You may need to revise your goals, which you can do on the site by editing your letter after you log in.

Good luck!