

Future Self Letter

*A letter written *to* you from a version of you six months from now. The version that has kept practising. The version that has learned what this book teaches. Not perfect. Just further along.*

When this might help:

- You've finished the book and want to project forward
- You're losing faith that the work is doing anything
- You need a voice that is yours but ahead of you

The practice:

Sit somewhere quiet. Set aside fifteen minutes. Then write a letter from your six-months-from-now self to today's self. Cover:

- *What surprised you.* What got better that you didn't expect.
- *What you stopped doing.* The pattern, habit, or thought you let go of.
- *What you kept doing.* The small practices that, repeated, made the difference.
- *What you want today's self to know.* The reassurance that today is real, this is hard, and the work is doing something even when you can't feel it.

Save the letter. Mark a date six months out. Read it then. See what your future self knew that today's self didn't.

The point isn't accuracy. The point is that your nervous system has a forward shape, a self it's becoming, and writing to that self gives the system a destination. Calm is not a place you arrive. It's a direction you walk.