



A Letter From Your Wisest Self

Borrow perspective from the life you want to have lived

Imagine an older version of you who has lived a long, meaningful life. They do not have every answer, but they know what mattered. Let them speak to the version of you standing here now.

Looking back, what mattered most?

How do I hope the people I love remember me?

What did I spend too much energy worrying about?

What did I wish I had trusted sooner?

What advice does my wisest self offer me today?

One action that brings that wisdom into this week
