

# Future Self Workbook

*Thank The Past And Move On*

ASHLEIGH WELCH COACHING





# A Letter To My Past Self

Write a letter to your past self using the following format. This is another wonderful tool for uncovering negative thought patterns and beliefs. Be willing to allow the emotions to surface.

Dear \_\_\_\_\_

I'm angry because \_\_\_\_\_

---

---

---

---

---

---

---

---

I'm sad because \_\_\_\_\_

---

---

---

---

---

---

---

---

I wish \_\_\_\_\_

---

---

---

---

---

---

---

---

# A Letter To My Past Self

I'm sorry that

---

---

---

---

---

---

---

---

---

---

---

I love you because

---

---

---

---

---

---

---

---

---

