

A Letter From 90 Days Ahead

What will you write to yourself today, to read three months from now?

This tool does not ask you to imagine a perfect life — it asks you to write honestly to someone you will soon become. Writing here helps you transform change from a floating idea into a real commitment written in your own hand. Everything you write now will be a witness to a new beginning.

- 1 Choose a quiet time:** Dedicate 15-20 minutes in a comfortable space away from distractions and your phone.
- 2 Imagine yourself 90 days from now:** Close your eyes and imagine receiving a letter from your future self. What would they say to you?
- 3 Write honestly and don't edit:** This template is between you and yourself only. You don't need to be perfect.
- 4 Save the letter and re-read it after 90 days:** Compare what you wrote with your new reality.

RECOMMENDATIONS FOR THE PRINTED VERSION:

- Use a comfortable pen and write by hand — handwriting has a stronger impact than typing.
- Don't review what you've written — leave it as it flowed.
- Record the date at the top to track your timeline.
- Keep the letter somewhere you see daily (wallet, desk, bookshelf) to remind yourself of your commitment.

PRIVACY NOTICE: To ensure complete honesty, store this workbook in a safe, personal location where you can write without external expectations.

Fill in this template step by step. There are no right or wrong answers — only what you truly feel right now.

SECTION A — CHOOSE YOUR TARGET IDENTITY

Which dimension of your identity do you want to hear from after 90 days?

☐

Focus

The ability to direct your attention intentionally instead of reacting automatically.

☐

Confidence

Confidence that grows from consistently keeping small promises to yourself.

☐

Presence

Living with greater awareness in your moments, relationships, and experiences.

☐

Self Respect

Acting in alignment with your principles without defining yourself by mistakes.

* Tick your choice and write your chosen focus area here: _____

SECTION B — THE LETTER

Imagine yourself 90 days from now. Write a letter from that version to your current self.

1. What has changed in your life?

2. What became easier than you expected?

3. What are you most proud of?

4. One thing you wish you had known at the start:

SECTION C — THE PROMISE

Write one specific promise you commit to for the next 90 days:



"You don't need to be a different person to change... you only need to start writing the person you want to become."

This letter is not just a piece of paper — it is a covenant between you and the version of you that is coming. Every word you wrote here is a real seed planted in your future.

After 90 days, when you open this letter again, you will find that the change you imagined has begun to come true, step by step.

DON'T DEMAND PERFECTION FROM YOURSELF — ASK FOR CONSISTENCY.

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Return to who you already are

