

Solution-Focused Future Perfect Exercise: Letter from the Future You

Imagine that it is two years from now. Everything in your life has worked out well, and the problems you are currently facing have been successfully resolved. Everything is great. Your dreams have come true, and you are enjoying your life. Write yourself a letter from the "future you" to the "you of today," explaining:

- How you've got to where you are
- The exact steps you took
- How you overcame roadblocks
- Make it a cheery letter, giving yourself encouragement and praise for how you dealt with the problem or attained your goal.

<https://www.universalcoachinstitute.com/miracle-question/>