**Time Capsule**

**Take a Picture of Your Mind**

To create a time capsule, write a letter just as you would to your best friend. Be conversational and friendly; have fun with it. **Write about whatever you want, but always remember to capture your current reality as thoroughly as possible.**

Just like a photo is a snapshot of your body, **think of a time capsule as a snapshot of your mind.** Be aware that just like your body changes, so does your mind. Remember that each ‘version of you’ has its own wisdom. Things that *we know we won’t forget* are indeed forgotten as the different winds of change come and go in our lives.

Remember that when the letter is read, you, as you know yourself today, will not be around anymore. Your current self won’t be there to answer any questions. So, don’t focus much on predicting the future, but rather on describing your present time. Focus on capturing ‘how it feels to be me today’

Here are a few specific suggestions to consider including:

* **Lists of favorites.** What do you like most today? What are your favorite movies, books, television shows, songs, moments, people, celebrations, surprises, lessons, quotations or achievements?
* **Important questions and feelings.** What are the big unanswered questions currently in your mind? What feelings predominate in these times? How do you feel about your life and the world around you? What do you enjoy about today? What are you thankful for?
* **Goals and aspirations.** What do you pursue today? What is the vision for your future life? What are the things you’re looking forward to? What are your hopes for your future self? How much or in what way do you expect to be different when you get the letter?
* **‘A Day in the Life…’.** How’s your everyday life? How’s a typical day at school? At home? Who do you interact with daily? What do you enjoy doing every day?
* **Highlights of the year.** Which funny facts do you want to remember or laugh about in the future? What were this year’s 10 best things/worst things that happened to you? How would you describe this year in one sentence? In one word?
* **Lessons learned and advice for yourself.** What advice would you give to your future self? What important lesson did you learn recently and don’t want to forget?
* **Don’t forget to sign and date your letter.**
* **Create an envelope that is creative and includes symbols which represent who you are.**