



## REFLECTION LETTER

Why not combine a little end of year reflection with the opportunity to share a little of the worldliness you have acquired over the past 12 months?

Write a letter to someone you care about, who might not have the life experience you have (they might not even exist yet). Your child, niece or nephew, a friend's child or a younger sibling.

Throughout life we all have moments where we really crave the advice of another human but for various reasons we decide not to seek it. This exercise is a way to pass on some life lessons in a thoughtful way.

There is an example below. Here is how you use it;

1. Make a relaxing herbal tea, sit quietly and read the example below.
2. Save a copy of [the template](#).
3. Fill in the blanks and add more to craft a reflective, thoughtful letter.

The recipient will take great pleasure in reading it in the years to come.

All the best,

The team at focus booster.

Dear future child,



Today is Friday 14th December 2018. I am 34 years-old.

The highlights of my year were travelling to Europe to see my relatives because I can see so much of my family in them and starting my own business because despite the challenge I have proven that I can do anything I set my mind to.

The most challenging aspect of my year was having to farewell an old friend because I pride myself on being a good friend. Our relationship had become tedious and despite the difficulty of cutting ties, I feel a lot better now.

This year I learnt that you can't rely on others to help you get what you want or need. You need to stand up for yourself and what you believe in. You might need to convince those around you a little but ultimately if they love you, they will support you and that is all you can hope for. The rest is up to you.

I consider these three things to be my defining traits; thoughtful, driven, curious.

Currently, the thing that scares me the most is being able to define my place in the world because I don't know if I will be any good at some of the next steps, like being a business owner, getting married, having a family but I know that I have brilliant people in my life who will help me navigate this path.

Right now, I believe that if we don't make drastic changes our planet will be ruined. I am doing my best to stop using single-use plastic. My New Year's resolution is to reduce our use of processed food to continue to reduce our footprint. What does the environment look like today? Did we make a difference?

At the moment I am really enjoying learning to sew. It is like a form of meditation when you get in the zone.

I am great at swimming. I go to the pool 3 times a week.

I am grateful for my wonderful partner Lindsay who is my greatest support.

I hope at this time next year I will have an employee in my business, be meditating daily, eating less processed food and have another overseas holiday planned.

For you I wish you can learn all life's hard lessons with lightness and joy.

Love, Sammy