

Name:

Date:

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Score:

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Writing Challenge: The 10-Sentence Time Capsule

Write a message to your future self - the version of you who will finish this grade in 9-10 months. This writing challenge is your personal time capsule, sealed in 10 powerful sentences.

Sentence 1 – Present Mood: State **how you feel** about starting this school year.

Example: "Right now, I feel nervous but excited."



Sentence 2 – Hope: Share something you **hope will happen** this year.

Example: "I hope I make a few real friends."

Sentence 3 – Challenge: Identify **one thing** that might be **difficult**.

Example: "I think staying focused will be hard for me."



Sentence 4 – Strength: Name a **personal strength** that will help you this year.

Example: "I'm good at asking questions when I'm confused."

Sentence 5 – Goal: **Set a goal** you want to reach — big or small.

Example: "By the end of the year, I want to read 10 books."



Sentence 6 – Message to Self: Write a sentence that starts with "**Remember...**"

Example: "Remember how strong you are when you try."

Sentence 7 – Question to Future Self: **Ask your future self** something you **wonder** about.

Example: "Did we finally speak up in class?"

Sentence 8 – Favorite Thing Right Now: Include **one favorite thing** (song, show, food, hobby, etc.).

Example: "Right now, I'm obsessed with ramen and drawing."

Sentence 9 – One Rule for the Year: Make up a **personal rule** to live by this school year.

Example: "Don't let fear choose your path."



Sentence 10 – Signature Sign-Off: End with a **powerful sign-off** or nickname — like a letter.

Example: "With hope and snacks, —Your Past Self"

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