

Name:

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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 school year with confidence. 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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