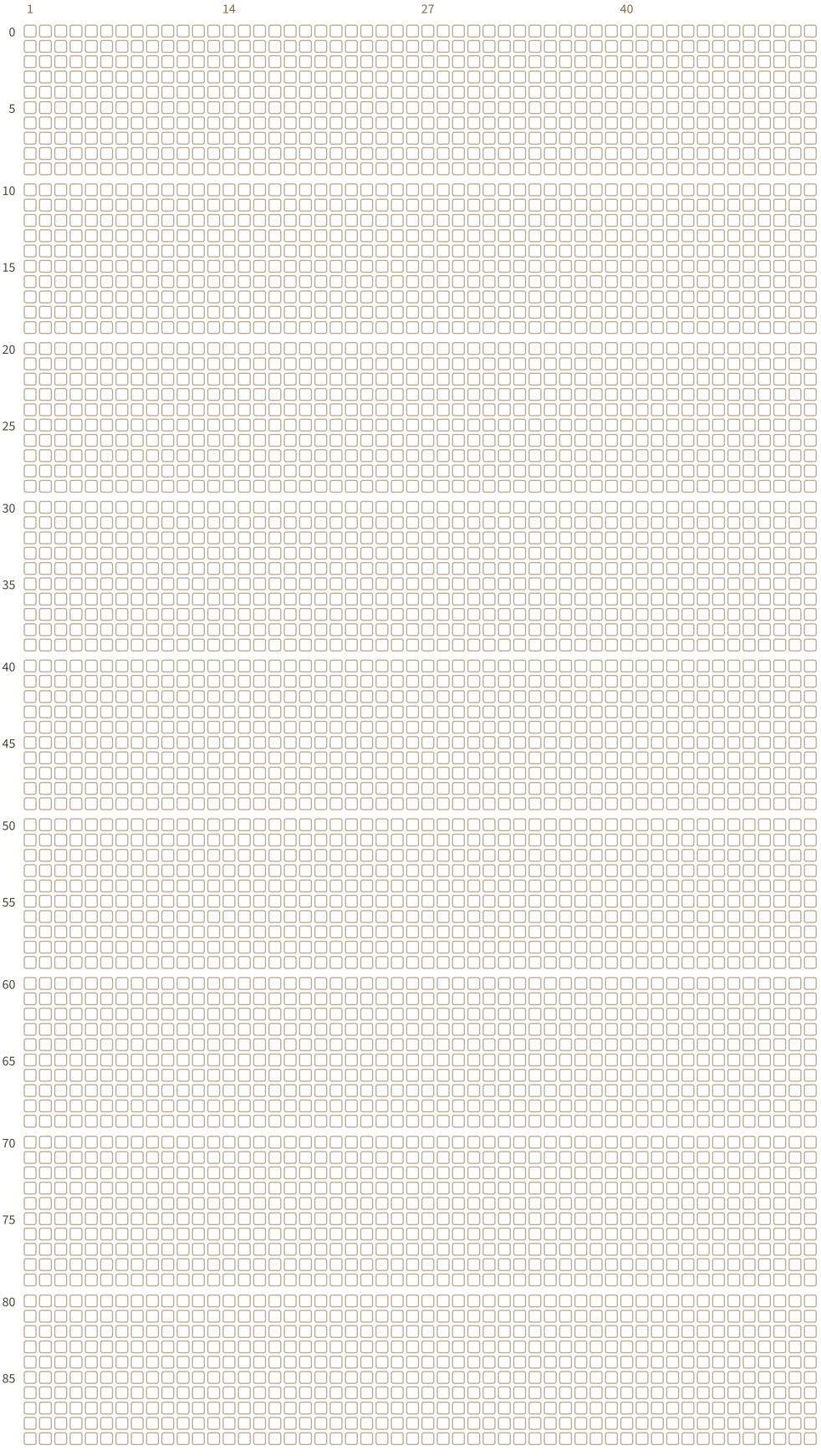
90 years · 4,680 weeks · one row is one year

Your life in weeks

Name: _____

Date of birth: _____



13-week card · fill it in once you've outlined the boxes

What I'll do with the next 13 weeks

It's not about getting everything done. It's about choosing what this piece of your life goes to.

What really matters in these 13 weeks?

Three things at most. If you write down ten, none of them matter.

What am I choosing to give up?

What you'll say no to, what you'll do just well enough, what you won't finish. You can't do everything, so it's better to choose for yourself.

What am I putting off until "once I..."?

Once I finish the project, once I lose the weight, once the kids are older. Pick one thing you'll start in these weeks.

Who do I want to spend this time with?

Names and one specific thing together: a walk, a dinner, a phone call on Sunday.

What will I do just for fun?

No goal and no result. Something you're allowed to be average at and don't have to get better at.

What will I do right away, not "properly, later"?

A message to a friend, a compliment, a call to your mom. Kindness put off until later usually doesn't happen.

How will I know these weeks were good?

Not a result, but something you'll see or feel 13 weeks from now.

In 13 weeks, shade in another quarter row

13 weeks is one quarter, a quarter of a row on your calendar. Write down in a letter to yourself what you want to do with those weeks, choose 3 months, and we'll email it back to you when they're up.



You write today

A 13-week plan and a few sentences of your own.



We seal it

Your letter is encrypted the moment you save it.



It comes back

By email in 1 month, 3 months, 6 months or a year.

> *Start with three sentences: what really matters in these 13 weeks, what I'm giving up and who I want to spend this time with.*

Scan the code with your phone or go to

writetomyself.com

Writing a letter is free. You don't need an account.

Not sure what matters to you?

The **Purpose in life** guided letter asks about satisfaction, time and importance in six areas of your life. You'll find it at **writetomyself.com/guided/purpose-in-life**. The first questions and the first two results are free.