



## Introduction:

As per Jennifer Stanchfield (2018):

“The Postcard to Your Future Self is one of my favorite reflective activities because it encourages learners to reflect on their strengths, celebrates their accomplishments, and clarify their goals. The postcard gives them a tangible reminder of their learning experience for the future. I regularly use this as a closing reflection activity in my workshops. At the end of a workshop or course, participants write down on their postcard at least one thing they learned from the workshop activities or through a conversation with a peer that they don’t want to forget. I then ask them to write a commitment to themselves around changing, improving, or trying something new in their practice as an educator. I send the postcards as a reminder a few months later. Many workshop and training attendees later report to me that the card arrived on ‘just the right day’ to remind them of a personal strength, lesson, or goal.”

## Participant Instructions:

As per Jennifer Stanchfield (2018):

1. “Choose a postcard that represents a strength [you] bring to [your] group or team, or one that represents an essential learning [you] are taking away from the experience.
2. Find a quiet place to reflect and write a postcard to [your] future self that includes the following:
  - A reminder of [your] strength or idea that inspired [you] to choose the postcard.
  - A key lesson [you] are taking from the experience that [you] don’t want to forget.
  - A commitment to [your] future self.
3. Self-address the postcard and leave them with [your instructor] to send at a future date.”