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.”

Facilitator Notes:

As per Jennifer Stanchfield (2018):

“Ask participants to choose a postcard that represents a strength they bring to their group or team, or one that represents an essential learning they are taking away from the experience.

Have them find a quiet place to reflect and write a postcard to their future self that includes the following:

• A reminder of their strength or idea that inspired them to choose the postcard.
• A key lesson they are taking from the experience that they don't want to forget.
• A commitment to their future self

Ask them to self-address the postcard and leave them with you to send at a future date.”

Objectives:

As a result of this activity, participants will be able to:

1. Identify and articulate a personal learning or goal to carry into the future.

Time:

30 minutes.

Group Size:

Large Group.

Materials:

Postcards; Participant Instructions (in Downloads).

Intercultural Development Continuum Stages:

• Denial
- Polarization
- Minimization
- Acceptance

**AAC&U Intercultural Knowledge and Competence Goals:**

**Cultural Self-Awareness:**

- To articulate insights into own cultural rules and biases (e.g., seeking complexity; aware of how their experiences have shaped these rules, and how to recognize and respond to cultural biases, resulting in a shift in self-description).

**Link to Activity Instructions:**

- [https://blog.experientialtools.com/2018/06/01/postcard-to-your-future-self/](https://blog.experientialtools.com/2018/06/01/postcard-to-your-future-self/)