**Letter to Self, Writing Prompt**

To get started, write down, pell-mell, everything that comes into your head, using the first words that occur to you and without concerning yourself about grammar, spelling, form, and continuity. You are clearing your head through writing. This should be a kind of fast note-taking to get down as much as you can of what you think, feel, and sense. Eventually, you will find a focus to this letter to self. With that focus in mind, continue to elaborate in writing.

Here are some suggestions that might help you find a focus:

* Make a record of yourself on this day: how you are feeling physically, what makes you happy, what stresses you, what you want to learn, how you want to grow, etc.
* Set a few goals that you hope to reach before you depart (e.g., plan fall syllabus, pack early, visit family, find a pet sitter, etc.)
* Describe your expectations and anticipations about traveling abroad. Do you anticipate that you will be changed in some way?
* Set a few goals for the travel abroad. For example, consider a plan just for yourself about what you might want to accomplish or experience on this trip (e.g., finding a strength you have; exploring a place that you have only read about; interacting with strangers in a new way; etc.).