FLORIDA DIABETES PREVENTION PROGRAM

A LETTER TO MYSELF

Dear ..... , Date .....

This is a letter to my future self, the person I will be ten years from now.

Today I am working on these goals:

I struggle with:

I have learned this about myself:

Ten years from now I want my health to be like:

In ten years I want to be doing:

To reach this goal I promise myself to:

Sincerely,

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