

# Article: How Your Future Self Can Help Your Present Well-Being

**Post by “Kalosyni” of March 31, 2024 at 10:16 AM**

This is a very good article, which helps with creating positive emotions, motivation, and good decision making with the actual practice of your imaginary future self writing a letter to your present self:

<https://www.washingtonpost.com/wellness/2024/03/28/future-self-present-well-being/>

Perhaps something similar to Philodemus' "placing before the eyes" (not sure if we have anything on that on the forum yet).