

## Chapter 10 – Time-Stamped Truths

### Cassette Time-Capsule Letter

This printable is your retro-style letter to your future self.  
Write it. Fold it. Tuck it away until your next glow-up check-in.

#### Instructions:

1. Fill out the prompts on the following page.
2. Fold along the dotted lines like a cassette J-card.
3. Store it in a keepsake box, journal, or envelope.

Optional: Add stickers, mini Polaroids, or decorate like your old locker door!

Dear Future Me,

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Signed,