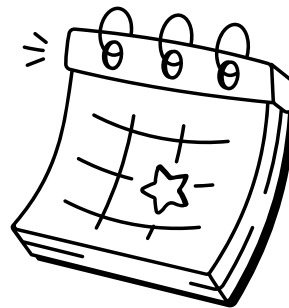


TIME CAPSULE LETTER

As Dr. Maxwell Maltz wrote in Psycho-Cybernetics, *"You act, and feel, not according to what things are really like, but according to the image your mind holds of them."*

Use the space below to script your future as if it's already happened. Let yourself dream without limits:

- If you could HAVE anything, what would you have?
- If you could DO anything, what would you do?
- If you could BE anyone, who would you be?



On this date, July 30, 2026 I am so thankful and grateful for...

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.