Dear Future Self,

I am writing this letter from the end of your Freshman year at Longwood University. Do you remember? I wrote this during the Coronavirus pandemic in 2020. This has been a crazy year so far and we are only halfway through! Anyways, I hope this letter finds you well. I will be writing this letter a little differently than the average “letter to future self” goes.

As I know you are well aware of, I am not the best at planning the future. I prefer just “going with the flow” and living in the moment. Because of this, I do not know where you will be in 4 years….but I do know you will be where you belong and where you can make a difference. We do not like backing down from challenges, and once we commit to something we do not stop until we achieve it. During this quarantine I have had a lot of time to think about my life. I cannot help but think about all of the ways that I am inferior to others and have always been inferior. My height, weight, health conditions, and intelligence are all things I think poorly of compared to others. You probably do this as well. I know this because we have done this our entire lives.

I am sure you have found the strength deep inside of yourself to not only finish nursing school but to accomplish our dream of becoming a nurse who is able to help and inspire others in need! Even though you have accomplished this herculean task, you probably still doubt yourself and are hesitant in many ways. If that is the case, I want you to think back to what we told ourselves in the sixth grade. What did we tell each other while all our bullies tormented us every day about every aspect of our being? That’s right, we told ourselves our favorite quote. The one we would live our lives by: “Be the change you wish to see in the world.” That one sentence said by Mahatma Ghandi changed our lives for the better and made us into the people we are today. If you are doubting yourself before you go into the professional world think back to how much you have accomplished in your life, how long you have dreamt of this, and remember that you are more than enough!

I am sure college and nursing school was challenging for you in many ways. You may have felt like giving up in a few moments of weakness. There will be many more challenges ahead of you that will seem much bigger and more challenging, but I believe in you. Your whole family does. You have accomplished so much and have impacted so many lives up to this point. I am sure you are making a name for yourself and a life we can both be proud of. My only request from the past is that you keep your family and friends close to heart, “Be the change you wish to see in the world” and keep Great Uncle Lloyd’s ambition alive in you.

I can’t wait to see where life takes us. Be the change ;)

Seth O’Neal Seward