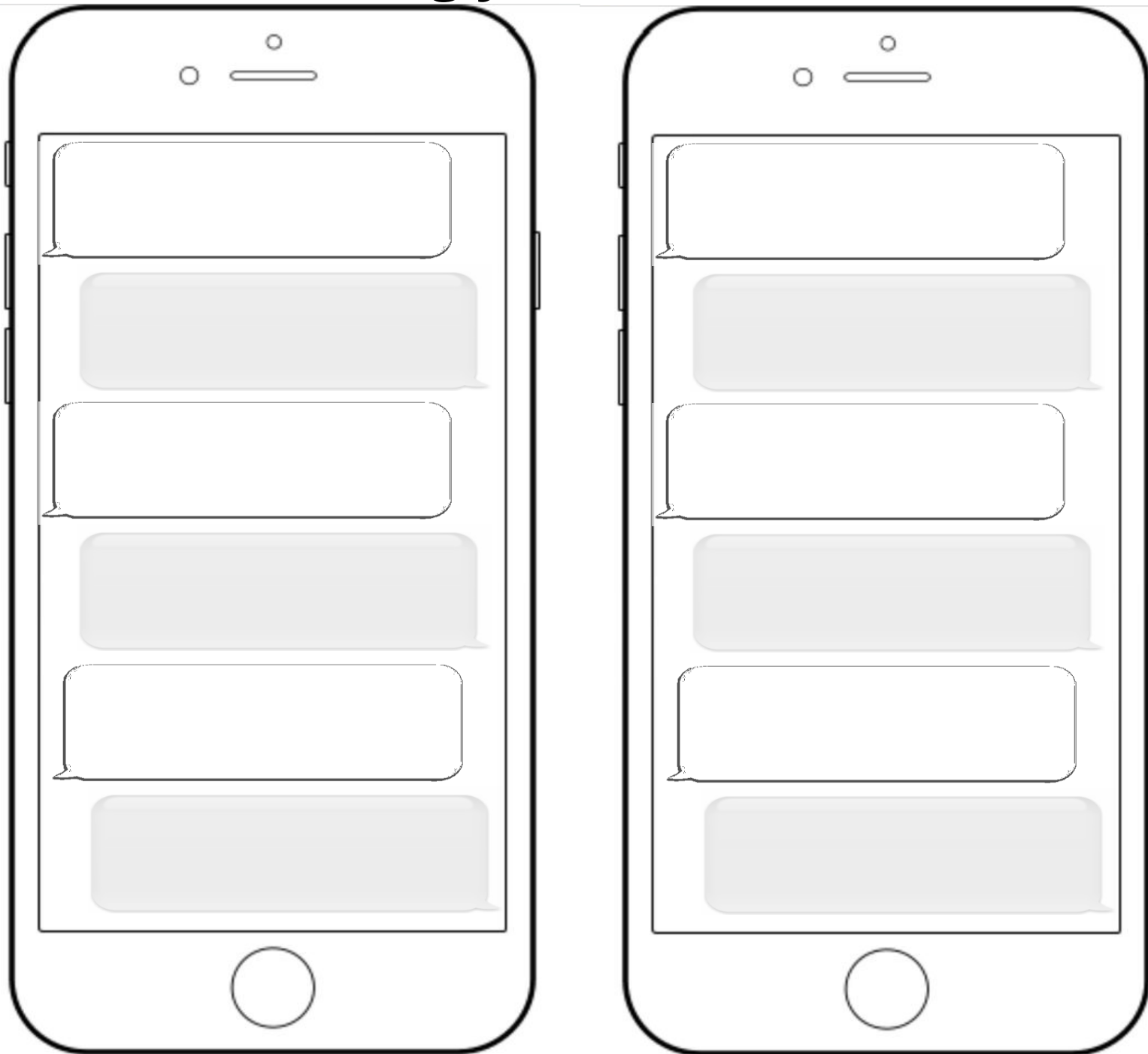# Texting your future self

In the white bubbles write what your present self says , in the grey bubbles what your future self responds. At one point, text your future self: «It's hard and I'll be there for you.»