

NEW YEAR
Time Capsule Prompts



Write now. Seal with a date. Open on the date you choose.

01 What ordinary part of your life right now might surprise your future self?

02 Which small routine helped you most this year?

03 What did you learn to do that felt difficult at first?

04 Which place mattered to you this year, and why?

05 What object would help you remember an everyday moment from this year?

06 Which conversation changed the way you understood something?

Name: _____ Sealed on: _____ Open on: _____

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07 What made you laugh more than once this year?

08 Which choice are you glad you made?

09 What are you still figuring out without needing an answer today?

10 Which person, group, book, or idea helped you see a new possibility?

11 What would you like to make more time for next year?

12 Which practical skill would you like to strengthen?

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13 What is one realistic thing you hope will feel easier by next year?

14 What place would you like to revisit or discover?

15 Which current favorite might be completely different in a year?

16 What kind note would you like your future self to read?

17 What prediction can you make without treating it as a promise?

18 When should this capsule be opened, and who should be there?

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