

task - dance and send a letter to your future self

there are multiple things to prepare before you start the dance:

1/Choose a song that is first on the list of your current favourites.

2/Choose in how long should your future self receive this message. Is it for you tomorrow, in one year or five years? Choose based on your preference.

3/get the camera ready to film the whole thing.

4/Movement wise, it is really up to you what you decide to share through your body. Here are few proposals, in case you are lost:

- dedicate the song you picked to your future self
- use only gestures of hands to communicate what you need
- Through your body, give your future self an extra dose of love and care, approach it as kind of an investment, in case your future self wouldn't feel loved at the moment.

5/Do the thing, film the thing and upload it on youtube. Put the link in an e-mail that you will send to yourself. Before sending it, plan and set the specific time when you wish to receive it.