Read the questions below, and please circle the choice that best describes your current relationship with the specified person. There are no correct answers; we only care about your feelings and opinions.

1) Circle the picture below that best describes how connected you feel with your future self (you in 10 years).

Current self = you now  
Future self = you in 10 years

2) Circle the picture below that best describes how similar you feel to your future self (you in 10 years).

Current self = you now  
Future self = you in 10 years

3) How much do you care about your self in 10 years?

<table>
<thead>
<tr>
<th>Don’t Care At All</th>
<th>Moderately Don’t Care</th>
<th>Slightly Don’t Care</th>
<th>Neutral</th>
<th>Slightly Care</th>
<th>Moderately Care</th>
<th>Completely Care</th>
</tr>
</thead>
</table>

4) How much do you like yourself in 10 years?

| Completely Dislike | Moderately Dislike | Slightly Dislike | Neutral | Slightly Like | Moderately Like | Completely Like |
Source: