

# VIBED

## NOD FROM 2050

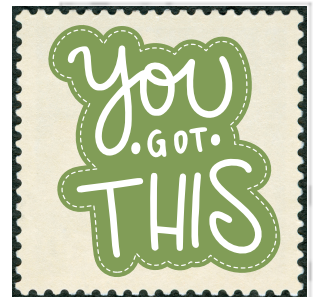


### A message of gratitude FROM you TO you

Take a moment to write a post card to your current-self from your future-self in 2050. This message should be a thank you to yourself for either quitting vaping or never starting. You should also include one thing you did to achieve this goal. Make sure to include how being nicotine-free impacted your life.

*You've got 3 minutes to thank yourself, get started...*

One thing I did to achieve this goal was....



TO YOUNGER ME,  
FROM 2050 ME.