

## Letter to Younger Self

*We all go through difficult things in our lives that impact us in big ways. Though we can't go back in time and change things, we can reflect on the fact that we made it past those difficult times. This activity is meant to help you reflect on your difficult times and create some healing. It will help remind you that you are enough and you have everything you need to make it through and keep going.*

1. Sit in a quiet place with a notebook or piece of paper. Choose a place that is peaceful and allows you think and hear your thoughts clearly.
2. Remember a time in your life when you faced something difficult: a choice, a situation, an experience, or a moment that impacted you in a big way.
3. Close your eyes and take 5 deep breaths. Breathe deeply to fill all the way to your belly. Breathe out slowly.
4. Start writing. Use the questions and prompts below to guide you as you write a letter to your younger self.
  - *What is the memory of the difficult situation you went through? Why is it significant?*
  - *How did you feel during this time? Tip: use the [Feelings Wheel](#) to help you name what you were feeling.*
  - *How did you react at the time? What, if anything, did you do to take care of yourself? How did you process your feelings?*
  - *What do you wish you could have said or done at that time?*
  - *Are there beliefs you developed about yourself or your life because of this moment?*
  - *What wisdom, support, knowledge or care do you wish someone would have given you at that moment?*
  - *What would have been helpful for you to make you feel better?*
  - *What do you wish that younger version of yourself could have known for you to feel better now?*

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5. Write down what you have learned since then that has given you strength, resilience, or helps you during difficult times.
  6. Write down some hopes and dreams you have for yourself. If it feels right, remind yourself you have made it this far and have what it takes to keep going.
  7. Read your letter. What emotions, thoughts, and feelings do you notice as you read the letter? What about yourself got you through those difficult moments? What are you now able to see with gratitude?
  8. You can keep this letter and your learnings to yourself. If you feel comfortable doing so, you can share the experience and what you have learned with a friend or a safe, trusted adult.
  9. Go back and read this letter to yourself if you're ever feeling down. It might help remind you how strong and resilient you are!