

Write a letter to your past self

This activity is about looking back at the person you were with the information you have now. This letter will focus on what advice you would give your past self and what you would tell yourself about what has happened between then and now.

1. Write the letter to yourself to be received one year from today
2. Write it out in the actual letter format
3. Use the prompts to help you write your letter:
 - What are some of the main things you have learned since then?
 - What should your past self look out for? What is the best advice you could give your past self?
 - What would you tell yourself to get through some of the challenges that you faced?
 - What would you tell yourself about your successes and the way you deal with them?
 - What type of people have helped you along the way?
 - What type of people have made life harder?
4. Once you have completed the letter, read it through again.
 - Does it seem right?
 - Do you want to make any changes?
5. Now reflect on your life as it is currently. Discuss the following with someone you trust:
 - Of the advice you have given to your past self, how much of it are you following today?
 - Are there some people or types of people you wish you had connected with more or less?
 - How can you change that now?
 - What can you take away and apply to your life and your immediate future?

Remember that hindsight is wonderful, but it is not realistic or fair to expect that in the past we could have anticipated all that would come. The aim of this letter is to reflect on and learn from our experiences, and to use this reflection to inform our current and future thinking and behavior.