

Guide: Write to your younger self

Dear younger self,

The 'WHY'

Here you should write what is resting heavy on you mentally.

Example: "I'm struggling to sleep because of these racing thoughts. They overload me from dusk to dawn".

The 'IMPACT'

This is the space to describe what impact this has/ had on you. Reflect on your childhood experiences, outline your actions that weren't kind on yourself. Find the innocence in your younger self.

Example: "You'll learn how to function on low energy levels."

"You'll miss breakfast because it's a meal you have in the morning, but time is just one sweeping motion."

"I'm sorry I wasn't able to finish school for you. You always enjoyed kicking the ball with your mates."

The 'COMMITMENT'

Make a promise to yourself now, in present time on how you're going to combat this.

Example: "I'm going to walk 30 minutes everyday."

"I'm going to meet with friends every Wednesday."

Tip: *Always address your younger self. Allow yourself to write freely. Don't put pressure on the outcome. This isn't an English Literature test, it doesn't have to be grammatically correct. Don't let format be a barrier to you releasing your thoughts.*

Creative challenge: *If you're eager to push yourself creatively then be descriptive. Paint us a picture through your words. What do these thoughts, feelings or actions sound like? Is there a visual representation or a particular smell or feeling?*