

a letter to my younger self



WHY

To remind yourself of important experiences, people, and values.

TASK

Write a letter to your younger self.

Write about what and who has been meaningful throughout your life.

This exercise will provide prompts for you to consider.

Keys for writing: find a comfortable space, focus on free-flow writing, & shush the inner critic.

NEXT STEPS

After writing your letter and using the prompts below, look over your writing for big themes.

These might be places you've been, your education, formative experiences, people you've met or your family history.

What themes are part of your story?

PROMPT #1: PLACE

Where have you lived? How many places, types of residences?

What did they look like?

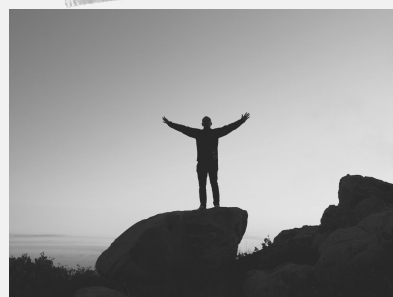
Write one memory from each place.

Which one is most important to you? Why?

PROMPT #2: PEOPLE

Who have been the most important people in your life, why and what memories do you have of them?

What lessons have you learned from them? Positively or negatively?



PROMPT #3: PRAISE

What are you most proud of in your life?

PROMPT #4: PLEASURE

What did you love doing as a child? Did you continue this as an adult - in your personal life or professional life?

If not, why not?

What do you love doing now? Is there anything you dream of trying?



PROMPT #5: POINT IN TIME

If you could go back to any moment, what would it be? Would you change it? What did you learn from it?

REVIEW YOUR LETTER

Reread your letter. Line by line or by paragraph, is there a larger theme that stands out to you in your writing? They might be attributes, such as discipline or perseverance. They might be values or social issues.

Use this thematic reflection to consider how your lived experience could inform your giving priorities.