

"THE MOST
POWERFUL
RELATIONSHIP
YOU WILL EVER
HAVE IS THE
ONE YOU HAVE
WITH YOURSELF."



- DIANE VON FURSTENBERG

Letter To Your Younger Self

FIND AN OLD PHOTO OF YOURSELF.

Preferably one that stirs up some emotion but not one that keeps you from doing this exercise.

TAKE SOME TIME LOOKING AT THIS PHOTO.

Start to notice what feelings come up.

WRITE A LETTER TO THE YOUNGER VERSION OF YOURSELF IN THIS PHOTO.

What do you want to say to your younger self? Be honest. Get real. Don't be ashamed. This is the type of work that will help you move forward. Read this out loud to the photo of your younger self.

ALLOW ANY EMOTIONS TO COME UP. THERE IS NO WRONG WAY TO WRITE THIS LETTER.

Cry if you need to. Sometimes we have shoved our emotions down so deep, and they are still negatively affecting our lives. Allowing yourself to feel them will also allow you to release them. This can be quite healing. It can also be quite revealing.

NOW WRITE DOWN THE HOPES AND DREAMS OF YOUR YOUNGER SELF.


What do you think your younger self would want to say to your current self? What do you think your younger self wishes or hopes you have done by now or are working towards? Have these happened, or are you working on them? Can you still make them happen or have things changed?

ALLOW YOURSELF TO RELEASE GUILT AND SHAME AROUND ANYTHING YOU DIDN'T DO THAT YOU WISHED YOU HAD WHEN YOU WERE YOUNGER. FORGIVE YOURSELF.

PAT YOURSELF ON THE BACK (GO AHEAD AND DO IT!) FOR ALL OF THE THINGS YOU HAVE DONE THAT WOULD MAKE YOUR YOUNGER SELF PROUD.

Recognize any dreams you can continue with or start working on now. Identify one thing you can do this week to make your younger self proud and do it.





I love
you &
I am
proud
of you.