

A letter to myself

Date: _____

Dear me,

You've had some real challenges to deal with recently, like ...

Think about some of the challenges you've faced over the past few years. If some of them are too painful to think about, feel free to reflect on other challenges you were able to get past or even overcome.

I'm grateful that you got through tough times by ...

Think about the ways you've responded to challenges. You might have overcome them, or you might not have. Being able to keep going in the face of hardship is something to be proud of as well.

Over the past few years, you learnt more about yourself. You've learnt ...

What did going through all the challenges you faced over the past few years teach you about your strengths?

You're excited for the future because ...

What are you excited to do over the next month, or the next year? In the future, do you think you will be able to deal with problems in a better way than you have in the past? If so, why?

Yours truly,

Me.