Dear Younger Me

**DIRECTIONS:** Everyone experiences setbacks occasionally, so it’s important that we learn from our mistakes. You’re going to draft a letter to your younger self, reflecting on how a past experience helped you grow.

**Dear ________,**

1. **WHAT HAPPENED AND WHEN?**

   __________________________________________________
   __________________________________________________
   __________________________________________________

2. **HOW DID IT MAKE YOU FEEL?**

   __________________________________________________
   __________________________________________________
   __________________________________________________

3. **WHAT DID YOU LEARN?**

   __________________________________________________
   __________________________________________________
   __________________________________________________

4. **CONCLUSION: WHAT WILL YOU KEEP IN MIND IN THE FUTURE?**

   __________________________________________________
   __________________________________________________
   __________________________________________________

Sincerely,

__________________________