

# Letter to My Past Self Worksheet

---

**Instructions:** Use this worksheet as a space to write a letter to your past self. Reflect on the lessons you have learned and experiences that have shaped you into the person you are today.

---

**Dear past self,**

## **Guided questions**

**How does it feel to write to your past self?**

**What emotions arise as you reflect on your past experiences?**

**Are there moments in your past that you view differently now?**

**How have your values or beliefs changed since then?**

**Do you feel a sense of closure writing this letter?**