

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?