

Letter to My Younger Self – Reflection Worksheet

This worksheet helps you reflect on the choices, lessons, and moments that shaped your life — and identify what your future self will thank you for.

1. What are three things your younger self did right?

2. What lessons have you learned that you wish your younger self knew?

3. What's one decision you made that you're most proud of?

4. What challenge shaped you into who you are today?

5. Who were the most influential people in your journey — and why?

6. What do you wish you had done differently, and what did you learn from it?

7. What's one commitment you'll make today that your future self will thank you for?