

# Letter to Your Younger Self

*Honesty, grace, and all that you've carried.*

Think back to before you had your first child, or when you were brand new to motherhood. What would you want to tell that version of yourself? This guided template is here to help you put it into words.

## BEFORE YOU BEGIN

Take a moment to ground yourself. Make sure you have time to dedicate to you in the present moment. You don't need perfect clarity to start — just openness and honesty with yourself.

### STEP 1

## Choose Your Version of "You"

Picture yourself either before your first child, or in those early, often neverending days of new motherhood. What did you believe motherhood would be like? What were you carrying in that season — any hopes, fears, or expectations?

### STEP 3

## Be Honest

This is where your voice matters most. You might reflect on: What surprised you about motherhood? What felt harder than expected? What felt more meaningful than you could have imagined? You don't have to filter this — every part deserves a voice.

### STEP 5

## Share What You've Learned

You've grown into a new version of yourself through motherhood. What do you now understand about yourself? What matters more than you thought? What matters less?

### STEP 2

## Start With Freeform Writing

Start simply, with no pressure. Let it feel personal and direct.

- *Dear Younger Me,*
- *To the version of me who was just beginning,*
- *Hey you, I remember this version of you clearly...*

### STEP 4

## Offer Grace

If you were anxious, overwhelmed, or unsure, what does that version of you need to hear? Try including validation (*"It makes sense that you feel..."*), permission (*"You're allowed to..."*), or reframing (*"This doesn't mean you're failing..."*).

### STEP 6

## Speak to Your Identity

Motherhood changes you, but it doesn't erase all that you were. What would you want to remember about who you were before, and who you still are? What parts of yourself are important to hold onto?

### STEP 7

## Close with Care

Your letter doesn't have to end in a way that feels final. End in a way that feels steady and supportive.

*"You're going to find your way through this."*

*"You don't have to have it all figured out."*

*"I'm proud of you already."*