

# Dear Me Letters To My Younger Self: A Transformative Journey of Self-Discovery

Dear 16-year-old me,

I am writing to you from forty years passed by. I love your passion and confidence, and want to tell you that you are right. You are about to have your world destroyed, the safety and security you feel now, taken away. Know that you have been taught well, both in character and tools for learning. The lessons you have been given about love, loyalty, fairness, and determination will pay off. A few cautions: do not let your sense of humor, of the absurd, slip. Try to remember that what is happening at the moment is only that—a moment. Try the "count to five rule." Before reacting, before exploding, count to five.

You will be told that your dreams are absurd, childish fantasies. Don't believe anyone, however much they mean well. Trust that core that tells you your dreams are true. This is very hard because you have no way of knowing yet that they are, but rely on that darned stubbornness you are told is a fault.

Value loved ones and let them know you do.  
You will never be completely alone.

Give freely without considering the cost; it will never be too much.

Finally, love yourself. No one will be a harsher critic, so give yourself a break.

OK?

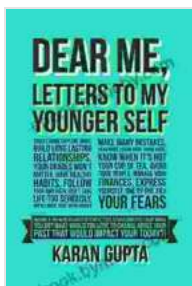
Kathleen Turner

## What is Dear Me Letters To My Younger Self?

Dear Me Letters To My Younger Self is a book that will help you reflect on your past, present, and future. It is a powerful tool for self-discovery and

personal growth.

The book is divided into three sections:



## Dear Me, Letters to my younger self by Karan Gupta

★★★★★ 5 out of 5

Language	: English
File size	: 444 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 77 pages
Lending	: Enabled
Screen Reader	: Supported



- **Letters to My Younger Self:** In this section, you will write letters to your younger self, sharing your wisdom and advice.
- **Reflections on My Past:** In this section, you will reflect on your past experiences and how they have shaped you into the person you are today.
- **Goals for My Future:** In this section, you will set goals for your future and create a plan to achieve them.

## Who is Dear Me Letters To My Younger Self for?

Dear Me Letters To My Younger Self is for anyone who is looking to learn more about themselves and grow as a person. It is a great book for:

- People who are going through a major life change

- People who are feeling lost or stuck
- People who want to live a more fulfilling life

## **Benefits of Dear Me Letters To My Younger Self**

There are many benefits to writing Dear Me Letters To My Younger Self, including:

- **Increased self-awareness:** The process of writing letters to your younger self will help you to become more aware of your thoughts, feelings, and values.
- **Greater self-acceptance:** As you reflect on your past experiences, you will come to a greater acceptance of yourself, both the good and the bad.
- **Increased motivation:** Setting goals for your future will help you to stay motivated and focused on what you want to achieve.
- **Greater sense of purpose:** Writing Dear Me Letters To My Younger Self will help you to discover your purpose in life and live a more meaningful life.

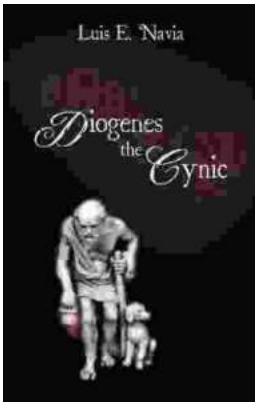
## **How to get started with Dear Me Letters To My Younger Self**

To get started with Dear Me Letters To My Younger Self, simply Free Download the book and follow the instructions inside. The book includes prompts and exercises to help you write your letters and reflect on your past, present, and future.

You can also join the Dear Me Letters To My Younger Self online community, where you can connect with others who are on the same

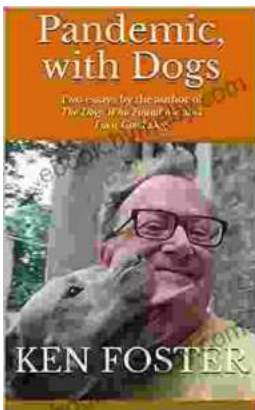


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Screen Reader : Supported



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