



Conversation with Younger Self

The Goal: To gain understanding of yourself.

Materials: Notebook paper, something to write with.

We spend more time with ourselves than anyone else in our lifetimes. Learning to develop positive dialogue within ourselves can help us better understand our own growth and development. A conversation with your younger self is a good way to measure the growth you have made since then. It may give you insight into who you are now and the direction in which you are heading.

Step 1: Envision a younger version of yourself. This younger self can be from any time period.

Step 2: What did this younger version of you have going on at the time?

Step 3: What would you say to him or her based on the person you are now?

Step 4: What can this exercise tell you about who you are today? How have you grown or changed since then? Write down what you would tell your younger self with all of the things you know now.

Indigo Indicators: Internal: Self Direction

CASEL Competencies: Self-Awareness

Ramp Behavior Standard: B-LS 9 Gather evidence and consider multiple perspectives to make informed decisions