



Letter to Yourself

The Goal: The goal of this exercise is to encourage students to be self-loving and self-empowered by giving good advice to themselves.

Materials:

Room, place to write, [Indigo Report](#), pencil and paper.

Step 1: Have students write a letter of advice to an imaginary person who has the same personality and faces the same problems. Ask students to write the advice like they would to a friend or family member.



Step 2: Upon completion, challenge students to apply their own advice to their problems and life.

Step 3: Invite any students who feel comfortable to share their letters and experiences with the groups.

Example: A student could write a letter advising to stay away from upsetting things such as social media's overstated opinions or negative people. Instead, the student can apply this to her own life by encouraging herself to spend more time creating things and less time on social media.

TIP: If students are having a hard time thinking of advice, they can look at the [Don'ts: ... and How Others Should Not Communicate with You](#) page of their [Indigo Report](#) to get ideas of negative things in their life.

RAMP (ASCA) Mindset & Behaviors addressed and developed:

Academic: Identifying Goals; Take Responsibility.

Career: Perseverance; Communication; Self-Advocacy.

Social/Emotional: Self Confidence; Self-Motivation; Coping Skills; Handling Change.