



## *Letters to Our Daughters*

*Accompanies Video 3: Meet writer Sharmila Chauhan*

### Worksheet 1 - Sharing stories

In my video I talked about wishing I knew more about my mother's and grandmother's lives. I also wish that I had written more about my own life to share with my older or future self. Our ancestors and even our younger selves might have powerful, interesting or funny stories or advice to share with us, and this is all part of *Letters To Our Daughters*.

Make a list of bullet points on the following:

1) Who are the most significant women in your life, past or present?

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2) What are the things you wish you knew about them?

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3) What are the types of things you would like to share about your life now with a future or older you?

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Take a look at these three lists and circle the ones that feel the most important.

Keep this to hand as you'll need it for the next exercise I'm going to set you!