



THINGS I'D TELL MY YOUNGER SELF



Gentle reminders from the me I am now

You were doing your best with what you knew.
You deserved kindness, understanding and support.
You were never too much.
You have always been enough.

1. Things I wish I knew sooner

What I want my younger self to know.

Five horizontal lines for writing, each preceded by a small red heart icon.



2. Things that were never "wrong" with me

The things I struggled with that weren't my fault.

Five horizontal lines for writing, each preceded by a small green heart icon.



3. Things I deserved support with

The support, understanding and help I needed.

Five horizontal lines for writing, each preceded by a small purple heart icon.



4. Ways I was trying my best

The ways I was coping, surviving and doing my best.

Five horizontal lines for writing, each preceded by a small yellow heart icon.



5. Comforts I shouldn't have been ashamed of

The things that helped me then (and still help me now).

Five horizontal lines for writing, each preceded by a small blue heart icon.



6. Things I now appreciate about myself

The things I'm proud of now that I didn't see before.

Five horizontal lines for writing, each preceded by a small orange heart icon.



7. What I'd tell myself on hard days

The kind, gentle things I needed to hear.

Five horizontal lines for writing, each preceded by a small green heart icon.



8. Gentle reminders I still need today

Things I want to keep remembering as I grow.

Five horizontal lines for writing, each preceded by a small purple heart icon.



Some things I want my younger self to know...

You were never too much.

Rest was never laziness.

You deserved understanding and kindness.

You did not fail by needing support.

You were learning to survive.

You are allowed to grow gently.

A letter to my younger self...

Five horizontal lines for writing a letter, with a small envelope icon at the top right.



You are so allowed to take up space. You are worthy of love and belonging. You are enough, just as you are.