## **A Letter To My Younger Self**

Reflect on your achievements. This doesn't have to just be academic or sporting achievements. Consider personal achievements like getting to school independently, staying away from home, managing friendship difficulties, managing wellbeing or overcoming and managing difficulties with behaviour. Discuss how these things take time to develop and how you have grown over time. What advice would you give your younger self? What assurances would you give? What strategies would you give yourself to overcome challenges?

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