

Help Someone Grow

Imagine you are writing to someone younger than you who is yet to learn the things you have learned or is yet to face the challenges you have faced, or maybe they have just started to learn something that you have already learned.

- What advice, strategies and tips could you offer them?
- Think about what you did to help you through that time.
- Did you ask anybody for help?
- What strategies did you use?
- What worries did you have at the time that you can help this person to feel better about?
- What do you know now that you wish you knew then?

To

from
