A Letter to My Sophomore Self

Directions: Use the following questions as guides; you don’t have to answer these same exact questions. When brainstorming what advice to give your future self, think about areas you struggle with, passions and goals you have, and the person you want to become.

**Habits:** What are success habits you would like to build? (Ex. Exercising, getting enough sleep, doing homework on time, drinking enough water, reading, etc.).

**Social Skills:** What are some social skills you’d like to work on? (Ex. Active listening, recognizing peer pressure, being open to new experiences, ignoring distractions, joining new school-clubs, taking risks, meeting new people, etc. )

**Academic Goals:** What are some academic goals you have? What do you want to learn? (Ex. Read more books, learn a new language, maintain a 3.5 GPA, turn homework in on time, learn from failure, persevere through challenging subjects, etc.)

**Self-Care:** How can you take better care of yourself? (Sleep more, learn positive self talk, build a stronger self-confidence, meditate, spend time in nature, etc.)