

Letter to myself

3 steps to the activity realisation



Step 1 – preparation phase

To implement this activity, the facilitators would need to give the young people different options of how they want to tell their stories because of their different learning styles. Participants can choose among several options: writing a letter, drawing pictures, or adding notes to the prompts. The facilitators need to make sure they all have a pen and a piece of paper for this activity.

Step 2 – activity phase

At the beginning of the activity, go through the activity steps. The young persons will first work individually to reflect on moments of can-do mindset and think about how they want to apply a can-do mindset for the future.

They can choose to write a letter to themselves, the past and the future one. Or they can draw or take notes in answering the following prompts.

Prompts for reflection:

- ✓ Have I ever stepped out of my comfort zone?
- ✓ Have I ever maintained positive behaviours under pressure?
- ✓ Have I ever taken initiative to solve a problem or taken on extra tasks?
- ✓ Have I ever resourcefully solved a problem?
- ✓ Have I ever, despite fear and difficult emotions, decided not to quit and persevere until the end?
- ✓ What were the positive outcomes I achieved after embracing the can-do mindset?
- ✓ How can I use the can-do mindset in the future?

Step 3 – wrap up phase

At the end, get the participants to share their letters/drawings/notes. Have them to reflect on what they can also learn from their peers.



Type of activity:
Biographic work/
reflection

Value of the activity:
This exercise supports participants in applying their thoughts and knowledge about can-do mindset. By writing a letter and sending it to their past selves, they can check if they have applied the can-do mindset in the past. They can define key actions that they would like their future self to take, and express how changes can be made with the can-do mindset.



Timing

Preparation: 5 min.
Implementation: 20 min.
Checking learning progress: 10 min.



Activity follow-up:

[Link](#)



Other value case box components:



Value quoted:

Your notes:

- ✓ ...
- ✓ ...