

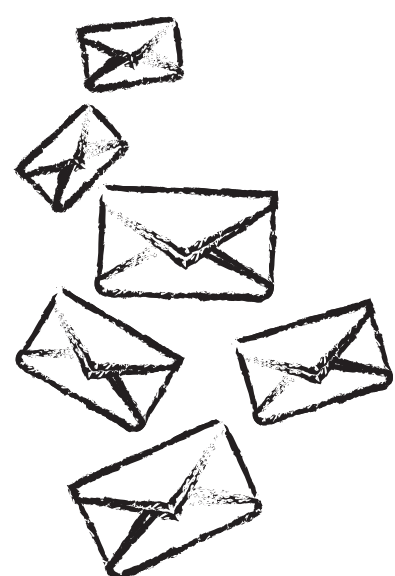
# Reflection questions



If you're not sure where to start, these questions might help you think about what to share in your letter.

**What would you be proud to share with your younger self? Can you think of an obstacle or a challenge that you've overcome in your life?** It could be something big, but it doesn't have to be!

*For example: Moving to a new home or school; looking after a pet; making an unexpected friend; changing career direction; finding a hobby or a hidden talent; taking on a challenge for charity or as an adventure; living in a different country; experiencing an illness; gaining body confidence; starting a business; experiencing loss and grief; living with anxiety; fighting imposter syndrome...*



**When did this challenge begin?**

**What was it like to face up to it?** What thoughts and feelings did you experience?

**How did it affect you and the people around you?**

**What helped you to face your challenge?** Was there a friend or mentor who particularly helped you? A book you read or some advice you heard that really resonated? A method or technique you tried?

**Did you discover anything new about yourself?**

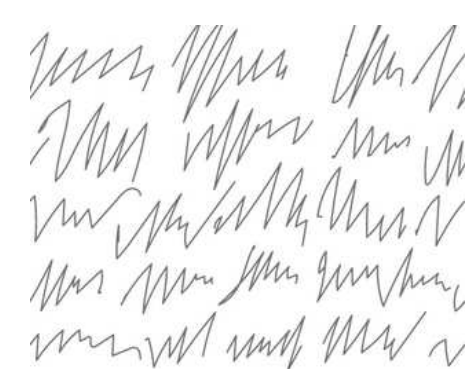
**What do 'overcoming' and 'resilience' mean in your story?** What successes can you celebrate?

**How did you manage to move forward?**

**What have you learned from facing your challenge?**

**What does your life look like now?** How do you use what you've learned?

**How do you hope your story might encourage your younger self?**



**Dear younger self...**



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Post to [Touch Network team, C/O October Books, 189](#)  
[Portswood Road, Southampton SO172NF](#)  
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**Celebrating 100**

