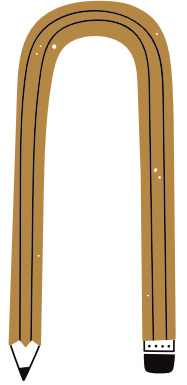


# OFFER YOURSELF ADVICE!



While good advice from others is always valuable, you can sometimes find the answers you seek by looking within. In this writing exercise, you will practice tapping into your own inner wisdom by offering yourself advice. Follow the steps below to describe a problem, respond with ideas or solutions, and then reflect on what you may have learned.

**STEP  
1.**

Imagine you are seeking advice from a trusted friend about a challenge you are facing. Write a letter describing the issue, as well as any emotions and questions surrounding it.

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**TIP: BEFORE  
YOU RESPOND**

Take a short, quiet break  between steps.

**STEP  
2.**

Reread what you wrote in Step 1, but imagine the letter came from someone else seeking your advice. Respond with suggestions, fresh observations, or wisdom. It can be helpful to address this letter to yourself in second person!

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**REFLECTION:** Consider how this exercise may have helped you tap into your own problem-solving abilities or think of the problem you described in a new way. Were you surprised by your response? What did you learn from this process?