



A call to purpose

Writing a letter to our 18-24 year old self

Let's explore being a fourth plane child (18 - 24 years): a deepening exploration of who they are and how they can contribute + make a difference

Activity designed by Junnifa Uzodike x Simone Davies

Materials

Paper, pen, envelope, a seal

Group size

1 person

Guided Reflection (5 mins)

Take a few quiet moments. Close your eyes if that feels comfortable. Let these questions sit with you - no need to rush to answers. How would you think about these questions as your 18 year old self embarking on the fourth plane?

1. **What is something in the world that moves you deeply...or even breaks your heart?**
2. **What are you naturally drawn to, or consistently good at?**
3. **When do you feel most useful or aligned? ****

Now, gently bring these together:

1. **Where might these intersect?**
2. **What is work - big or small - that feels like you?**
3. **What would you need to sustain this work?**

*** Based on 3 questions posed by Scilla Elworthy at the 2017 Montessori Congress in Prague*

Writing the Letter (13 minutes)

We invite you to write a letter to a future version of yourself, written from your 18-year-old self. Let this be a letter of intention, of direction, of possibility. Pop it in an envelope and seal it. You may wish to make a note to read this letter again in 5, 10 or 20 years from now. You might begin with "Dear me" and reflect on:

- What you are beginning to understand about your purpose and what matters to you
- The kind of contribution you hope to make
- The life you want to build to support that contribution

Reflection (2 minutes)

What did you discover? How might this influence how we show up for our fourth plane children? **And what does joy look like for the fourth plane child?** Use the POST IT notes to record your reflections and stick on the wall!