



A letter to my younger self

Mo Jafar

Dear Mo,

I know you are anxious about the decisions to come so I hope you don't mind me offering you some words of advice. I remember being nervous and anxious when I also had to make decisions about options at key stage 4.

I got through because I had a strong friendship group so I advise you to surround yourself with friends who will allow you to be yourself without pressuring you to change. My Gran Claire was such an inspiration as she was from Dominica and always reminded me of my roots and told me not to feel sorry for myself so I am passing on that same message now to you.

School offers a lot of opportunities to try new things so try to engage in different activities and build your skill level and self-esteem along the way. Some other things that helped me through my school decisions could also help you

- Listen attentively to supportive adults as they can offer constructive guidance
- Develop good habits early and maintain these habits
- Be organised in all you do as that will grow your confidence
- Being punctual to everything helped me to stay calm under pressure

Finally Mo recognise your own worth and potential as believing in yourself will help you on your life journey. Good luck with the decision you make as you will be a success as long as you don't lose belief.

