First and Last Name: _____

"An ounce of patience is worth a pound of brains." -- Dutch Proverb

Write a letter to your younger self telling him/her about a time you wished you were more patient. Tell yourself what you know now that you wish you knew then and advice him/her how to proceed with caution. What would you like to have done differently? How did this experience help to shape you and who you became?

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