

# I LOVE ME! CONTEST

## winning entries

Congratulations to all 4 winners! 😊

Please find their entries in the following pages.



### WRITE A LETTER TO YOUR FUTURE SELF



Save some words of encouragement for a rainy day! Prepare a letter addressed to your future self that you can read when you need some support during a difficult time. Feel free to decorate your letter any way you like!

#### DEAR FUTURE ME,

If you are opening this letter, it probably means that you are going through a tough time now. I want you to know that when you are feeling down, you may find it more difficult to love yourself. To help you to feel better, I have prepared some words of encouragement below for you!

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Cheers,

Date:

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Dear Future Me,

I hope that you are doing well! I hope that you are settling into your new secondary school well, and don't be afraid to try new things. There will be challenges in your learning, but you must always stay strong, put faith and confidence in yourself, and try your hardest to succeed. If today is your cloudy day, remember that it will get better with time. Write 3 things you are grateful for, and you will feel much better. Think positively, and probably the situation you are facing is not that bad after all. If today is your special day, share the joy with your friends and family! Treasure the moment, and help those in need. Besides that, I want to issue you a challenge, which you can do it for mum, dad or your older sister or your friends. Say a kind word or phrase to each other everyday. And every month, write a letter to someone you are most grateful to. Once you make it a habit, you will be happier and more grateful, which I hope this will help you to achieve. Lastly, I hope you will have faith in yourself all the time. Never lose hope when you think everything is lost. I wish you all the best in your learning and your year ahead!:)

Cheers,

C

Date: 4 November 2021

Dear Future self,

I understand that you are under a lot of pressure as you are afraid of your results and if you can get into your dream school. I know that it will be hard to accept the fact that you are leaving all your best friends and teachers behind in Pei Hwa as you continue your life journey in Secondary school and beyond. So, I am here writing to you to encourage you and give you some tips on how you can manage with your stress.

Firstly, if you are feeling too stressed, you can take some deep breaths to calm yourself down. Alternatively, you can do some exercises to relieve the stress in your mind and get some fresh air.

Secondly, you can talk to a trusted adult or your friends or siblings about your stress. Not only will they give you good advice, but talking about it can also make you feel better!

Thirdly, you can do things you enjoy. Spending time with your family or doing something you enjoy can help you to forget about your worries and help you to relax.

Last but not least, you can use this acronym **S.T.R.E.S.S** to calm yourself down!

**S** Seek help

**T** Talk to someone you trust

**R** Relax

**E** Encourage yourself

**S** Sleep more

**S** Stop worrying

Stress is something that we cannot run away from. We have to be courageous and face it. I hope you will feel better after trying some of these ways to relieve your stress. If you need any help, you can always count on me and trusted friends or adults to help you! Thank you for your kind attention.

Love,  
Me

Date: 13 November 2021

Dear Future Me,

If you are opening this letter, it probably means that you are going through a tough time now. I want you to know that when you are feeling down, you may find it more difficult to love yourself. To help you to feel better, I have prepared some words of encouragement below for you!

If you are P6 currently as you open this letter, I would like you to know that PSLE is not everything. Most people think that PSLE is about doing well and getting into a good school. However, this is not completely true. PSLE is also about the experience. As you may feel, PSLE is one of the greatest hardships you are about to come across so far, but trust me, after PSLE you will come across even greater hardships. If you are not experienced with dealing with hardships, you might start to have a fixed mindset and most likely not get through the hardship. Even if you do not do well in PSLE, as long as you tried your best, it is alright. At least you learnt something out of the experience. However, you may feel sad, anxious, and even nervous before PSLE. Do not let your emotions control you, instead, do some self reflection and think of what is the root of your problems. All the best to your PSLE!

If you are in secondary school or JC, you might be experiencing something more than just an exam. Frienddramas, family issues, or maybe you are finding it difficult to accept who you are. Always remember that there are people in this world who love you and are willing to help you with your troubles. Consult a trusted adult or a good friend, and try to remain optimistic. Everything happens for a reason. If you are currently stressed because of exams, remember that there is always light at the end of a tunnel. If you are stuck in the middle of the tunnel, the faster you run to the exit of the tunnel, the faster you will reach the light. Do your best in studying and learning your work, but remember to rest. Maintain a balanced diet and sleep at least 7 hours daily. If you feel as if it's impossible to get over whatever you are going through right now, look back and remember about Covid 19. As I am writing this letter, Singapore is in the midst of a scary pandemic. It seems like Covid 19 is everywhere. Even going out is risky. However, I am sure if you are reading this letter in secondary 2 or above, Covid 19 would not be existing anymore. Exterminating Covid 19 seems impossible. However, Singapore has done the impossible by curbing the spread of the virus. Nothing seems impossible until it is done. Singapore would not have beaten the virus without everyone's help. We had to wear our mask, disinfect surfaces, bring our trace together token as we went out, and much more! We all played a small part. Teamwork really makes the dream work, so you might want to have video calls with your friends to encourage them to study. You could even make a study club where you study with your friends! All the best as well!

Love,  
Me (2021)

Dear future me,  
If you are reading this letter, it means that you are having problems. So here I am, your personal best friend.

I have no idea what you are going through, but I want you to stay calm, if you have really worked hard, then things will be fine. Trust me.

If bad things have happened, whatever you do, don't lose your nerve. After all, 'this too shall pass'. Continue to make the choice that you believe is right and don't give up! 'There is no shortcut to any place worth going.'

So, instead of focusing on the problems, think of the solution. Like for friendship problems, I have a tip for you: Communication and Alertness. Communication, the most important, can help you express yourself and understand your friends better. Next, alertness can help you avoid toxic friends.

If you are doing PSLE revision, you may want to ask yourself: "Am I revising correctly? Do I get the concepts right?" This is the only help I can give you.

If you are waiting for your PSLE results, then be optimistic! It is exam over! If you have revised well, then you are on the path to success! Don't worry too much, okay?

Finally, all the best for the year ahead. This may be the first and last letter from 2021. I have given you all the help -and thoughts- that I can give. If you ever need any help, you can always consult your best friends in your class!

Cheers,  
Lo J  
12/11/2021

