

Dear Old Me,

Who would have thought that my past could bring me to where I am right now? There has been a significant failure that happened and I was glad I had the full moral support to repeat another torturous year of school. As cliché as it may sound, life is a roller coaster. Full of its ups and downs. But who knew that year where I was at my lowest point, I forged great friendship, I became a stronger person, I was more independent. Independent than ever. I moved forward from then on and after graduation, it got easier. It may be my parent's prayers and my perseverance but everything starts to fall into place. I'm grateful and humble to be holding on to such a good position now. My past didn't matter. It never mattered. What matters is the time that I have, now.

Anonymous

Dear Old Me,

For the past few years, many things have happened. Be it personal or not and it made me stronger to face all kinds of challenges in future.

Anonymous

Dear Old Me,

I miss you.

Anonymous

Dear Old Me,

I am but only a humble but very strong and resolute human being. I have but gone thru the years, from young, a lot of hardships and disappointments. But also, a whole lot of happiness. My simple take on life is, when there's sadness or joy there's the vice versa! It is a fact of my life and I love myself before I can be able to share that love forever. As I age, it's good to recollect good, sad and happy moments. I am a coach and I am very happy and satisfied but what irks me is my old me, the negativity in all our lives. In my old me, all hell should not break out as us homo sapiens have good positive vibes in us all. I wish in my old me to grow gracefully in my old me self. I hope in my old me to pass on what life is all about will be.

Anonymous

Dear Old Me,

I look back at the way I was just a few years ago and I have to take a few moments to realize the perhaps seemingly minute, but significant differences. To my old self, thank you for conquering anxiety even if just by a little bit at a time. From the times, you'd get teary at the thought of being alone at a social event, to miniscule tasks like simply ordering food on the phone, and interacting with people outside your social circle... you've grown past these and came out stronger, become reliable, and most importantly, confident. The current is a constant process and little by little you've taken the step out of your comfort zone and proven time and time again that you can get through this. Thank you for being strong and pushing past the boundaries that you've unconsciously set for yourself. Thank you for taking that first step; and here's to many more to come.

x,  
A

Dear Old Me,

Buck up, stop dwelling in the useless emotions.

Love,  
Your future self

Dear Old Me,

So where do I begin? Having so much to thank you for, so much to blame you for. Apparently, things didn't go exactly the way you plan but it's okay, life is not necessarily better or worse now. Finding and learning more about myself and others through arguments is not bad either. I wish I could've told you that no situation in life is really that bad, it's all about perspective. Quarrels for example can be seen as meaningless time wasters but on the other hand, can be a platform for people to understand one another. Well, I hope I am doing you proud by achieving what you set out for. We're near yet so far from our goal. Much is still needed to learn. Alright, talk to you soon.

Yours sincerely,  
Future me

Dear Old Me,

(To my old self in the mirror) Peace to you and, how are you? Are you still living at this old address? Do you recognize me? I remember you every time I look in here. You were the one always pinching your bulbous nose hoping it would sharpen one day. Then you stopped looking here except to see if your eyes were still red and puffy. You were looking for me here, weren't you? I'm so glad you decided to look for me elsewhere and found me happy where the music and colors have been playing and waiting for you all along. It's good to see that nose is as bulbous as ever and those eyes cracking up now with wrinkles when you smile. Oh, I just happen to be looking here for any stray hair that needs to hide from the public eye. I will be looking here for such things to sort now and then. I won't be looking for you much anymore. Until the next time I'm here, and if I see you then, peace to you,

My old self



Dear Old Me,

I thank you for the past and I won't repeat the past. Being in the past sometimes make me feel sad as there are time where I usually lonely and not going near people and there's also times where I feel happy as good things happen such as getting good results and get to participate in everything I can do. Memories I meant to be kept that's what most people say but not all of them are meant to be kept as some of the memories will make you hurt or sad, memories that have good things should be kept. I thank the past for being who I am now, I am now more than happy of what I have. I have learnt from the past and I won't repeat the same mistake ever again.

Anonymous

Dear Old Me,

Be stress free.

Anonymous

Dear Old Me,

I forgive you but I remember what you did.

*Anonymous*

Dear Old Me,

I'm still inwardly searching and desperately holding on to whatever "me" I can find. Not sure which way is the better one. Perhaps, just different.

Anonymous

Dear Old Me,

As you grow, you learn that it's okay to have your petals fall off and  
continue to grow.

Anonymous

Dear Old Me,

I wish you were smart enough to make the right decision, to not jump into such love. To be a little bit brave. I wish you were less emotional and focus on what's important at that time. But it **IS** okay. You are stronger that you used to be. You don't let other people step on your head. You'd rather be with yourself or with a few people because you know how much of a self-centered people are. But it **IS** okay. As long as you are happy and in peace. People are just nothing compared to your own self. Value it.

Anonymous

Dear Old Me,

Gone are the days when I need to assign blame on something or even find my faults in any issues. It is time I move on and fully internalize that things happened for a reason(s)...of which I may not fully comprehend at the moment...but I should have full faith that **THAT** reason(s) is for the good of me and my Hereafter. I should fully internalize that only when I have full faith in Him; I will be at peace with myself. Dear old me, embrace the new me.

Anonymous

Dear Old Me,

I miss you. I miss my old cheerful self, my smart self, my confident self. Look at me now. I feel like I am useless. I feel like I am not good enough for anyone. What happened to me? Old me, please come back...

Anonymous



Dear Old Me,

You're such a coward. You've never changed. You only know how to conceal your some of your emotions and replace them with your aggressive feelings. You only know how to cry. You only know how to scream and shout. You only know how to talk a lot. And you also know that it is because you need the attention. You have been giving and now you want to receive love. A tender one. However, you also know that this is what keeps you going. Dear old me, I don't know why I'm saying this to you. Dear me, I don't know whether you should change. Dear, please take care. Yours truly,

Anonymous

Dear Old Me,

Things have been tough lately. But I manage to endure it. Just do well in this upcoming overseas exercise. Things might be bad but have a positive mindset. But I'm proud that I manage to learn a lot for the past few years in the Army. Quotes, when things get tough, don't give up.

Regards,  
Iswandee

Dear Old Me,

I know times are hard. I know Mum and Dad always put pressure on you. But believe me, it's for your own good. Dear old me, I know dad doesn't show love much to you. But believe me he does. He shows in ways that you don't understand yet. You'll understand it in the future. Dear old me, I know mum has always been busy and hasn't spent time with you much. But believe me, mum will always be there for you in the future. Help her. Help her fight her battles. Help her financially. Be there for her even though she hasn't been there for you. Cause in the future, I promise you, you'll miss her as much as I do now. Dear old me, everything will be okay!

From,  
Future me

Dear Old Me,

There are a lot of things I have learnt and overcome obstacles over the years. Not only that but I managed myself better in terms of discipline. To think of it, the achievements that I have acquired were not opened to anybody except to those who were eligible and sacrifice their time to achieve greater heights. I always believe that failure is just a stepping stone for us to build ourselves into someone better in the future. However, the key point here is not only about failing but to not give up and see what went wrong to improve ourselves. Thus, keep on persevering in our academics.

Anonymous

Dear Old Me,

I remember that time when you were at the age of 14, you had many best friends. They were with you during good times. Sad to say, they were not there when you were in difficult times. This made you realized that you could not rely on your friends or anybody but your own self. However, you know that in whatever situation you are in or do, your family is always there for you. There was another incident where you were scolded by your dad when you failed at sec 2. You worked hard and passed with flying colors. When you worked in the medical industry, you were made to upgrade yourself. You did it! Congratulations! But no one knew how difficult that journey was. You had to juggle between studies and four kids. You regretted not studying hard enough to get that piece of paper. You wished your kids or students realized that being student is a pleasure. Now you are happy that life is good compared when you were young.

Yours truly,  
SN Hanee

Dear Old Me,

If you are reading this, you might want to know that in the year 2018, you will be married happily with 2 kids. You also are planning to go on an overseas trip with your family to London and Paris in September. Do not worry about your finances as Allah has already set it from the beginning of your life. Be grateful and thankful for all that has been given and provided.

Anonymous

Dear Old Me,

I know things have been rough. You don't know who your real friends are, your family doesn't give a single shit about you and your mother and your path after school still remains a blur. I just want you to know that the fact that I am writing this to you means that you survived it. It's easy to tell people to look at the bright side of things. But it's hard to tell yourself that. You might think that the things you're going through are petty and there are others who are going through things much worse. And maybe you're right. But that doesn't make your sadness any less significant. You may not believe this, but there are people that love you with all their heart.

Love,  
your future self

Dear Old Me,

If you can't find a single ounce of motivation to live, just remember that this person sacrificed everything to ensure you get the best of everything. That person is of course your mother. So, look at your life as an extension of hers. You don't want to shorten another person's life, right? You don't want to waste all their effort, right? So, don't give up. Live your life because no matter how much you give her, there's only truly one thing that makes her the happiest, the well-being of her children. With that, stay strong and enjoy every second of your life as if it's your last.

Love,  
your future self



Dear Old Me,

Should I have known where this journey would take me, I would have turned left not right. I am proud of what you have become and the moral values instilled in you since young. Hopefully one day you would be the man I'd always hope you would be.

Anonymous

Dear Old Me,

The 'Me' now is in pursuit of self-improvement in every aspect of life as I believe good character will radiate to others and, therefore, serve to improve society as a whole. "Truly God does not change the condition of a people until they change what is in themselves" (Qur'an 13:11)." I am thankful for the 'Me' that I am now and for the 'Me' in future to come. Therefore, goodbye Old Me as I embrace the change to come.

Luv,  
New Me

Dear Old Me,

Stop being insecure.

*Anonymous*

Dear Old Me,

you feared change. Feared unfamiliarity, the unknown. I'm glad that you've gradually stepped out of the shadows and go and try. Although, you're still trying but baby steps mean a lot for a greater change in the future.

xx,  
Future Me

Dear Old Me,

Do you remember what you swore to yourself when you were just a toddler, just starting to understand the unfairness of the world and its people? How you bottled all your frustrations and labeled them so you'd never forget the times when you were unjustly punished or hurt. You never wanted to forget anything, and you swore you would improve yourself based on every single bottle you've collected over the years. You wanted to be invincible. But I'm sorry. You're not as strong as you think you are. You couldn't improve yourself enough. So, you faked everything until they become real. You always wear a different mask for the different people you meet, but who are you really on the inside? You're broken. The bottles are broken too.

Anonymous

Dear Old Me,

I must say you've been missed. Sometimes in life, we will tend to be greedy and ungrateful with the things that have been given to us. I will always ask questions like 'why', 'how' or 'what if'. Sometimes I regretted with the decisions I made back then. I looked at myself in the mirror and wonder if I changed to become better or otherwise. Now, I love myself and I'm proudly to say that I'm stronger now. People don't change you, you change yourself. So, I decide to always Be Positive, Be Happy, Be Bright and BeYoutiful.

Anonymous

Dear Old Me,

You will be okay. Put all the negativity aside, life is so much brighter ahead. You may think you have it worst and you will be suicidal but please remember that your family and friends love you. It will get better. Hang in there because God is fair. There will be days when you will never understand why life happens a certain way but never get mad at HIM or question HIS ways, because HE listens to your prayers and HE is not cruel. So be patient and have lots of faith. You will be okay. This life is temporary, happiness and sadness is temporary. I am not saying life is perfect now but it gets better. Just keep on having faith and patience, then things will be easier. Yes, patience hurts the most but you'll do just fine. God's willing, you will be okay.

Love,  
Your future self  
(who is coping pretty well at the moment)

Dear Old Me,

I miss you. Over the years you have changed. From a very shy and quiet girl to someone brave and friendly. I remember when you were fifteen. The bus ride from your kampong to bukit timah was very scary. The reason was that you could not reached the bell press. It was so high up and you were so shy that you cannot even asked for help that you ended up till the bus interchange. That incident changed you to be brave and confident. You have learned that people are kind and helpful.

Anonymous



Dear Old Me,

You are strong beautiful and smart.

Anonymous

Dear Old Me,

The best is yet to come.

Hairi Hamdan

Dear Old Me,

If only u had listened...

Anonymous

Dear Old Me,

I have been a reserved and introvert person. I have long gone ditched my old self due to lack of confidence and working hard to please others. Now I have become a better grown up with my new extended family and looking forward every day to live my life with my own family.

Anonymous

Dear Old Me,

I would like to thank you so much for surviving. Thank you for going through the demons of depression, the unending desire to be thin, and also the pain of heartbreaks. You were too fragile to begin with, but you still went through everything with some hope that there will be light at the end of the tunnel some day or later. I know it has been hard on you and you'll probably face more adversities in life, but thank you, because, because of you I am stronger than anybody that I've known, and because of you, I am able to help others who share the same fate as me. There are times where I resent you for all of the ugly battle scars that you've given me, and also for relapses that have experienced because of how you'd bottle up everything to yourself, but at the end of the day, I love you, and I am forever thankful to you, for making me who I am today.

Love,  
Your Current Self



Dear Old Me,

I can't make up my mind if I want you back, or I like the new me now. There are parts of you that I love and still have, parts of you that I loved but is gone, parts of you that I wished I could have smack them out earlier. Your confidence is amazing. Society can never define you. That's great but I wished you could have taken it down a notch a little and took better care of your own body. And unfortunately to tell you, but you do and will get tired. The stubbornness that you have is crazy, and now the new me is taking the blow of it. But still, I want to thank you. For if you weren't how you were, our lives wouldn't be as such, and the new me won't be as such either.

Anonymous

Dear Old Me,

"I need you." Yes, they do, for their own happiness. Not you and not for you. Fuck it and leave them that way. No mercy. Your love has lots of compromises. Bury it deeply. Let's get some sleep. You were born to be alone. #fortheloverandliar

Anonymous



Dear Old Me,

You could be, or maybe you shall be. But would you be, because you will be? Move forth into be, that be becomes you, that be, since you will be, be.

Anonymous

Dear Old Me,

remember to always be kind to others, softer to yourself. the hurt will disappear and the dark will turn to light. be patient, good love will come. be gentle to yourself - success isn't everything. happiness doesn't have to come from a grade in a results book, it could be sunshine on your skin or a mother's laugh. here are just some things you might want to note that i wish we had done: return that text your best friend sent. don't go to the beach that particular night. don't text him. take more pictures. eat more ice cream. be gentle to your sister. tell granddad you love him, too. You'll be okay. Look at us.

love,  
you

Dear Old Me,

I wish you were old enough to understand, why dad left or strong enough to embrace when your close friends passed be it a disease or suicidal your life was depressing, a never-ending cycle would you one day end up like your friends or probably your dad let's just say I leave it up to Him, it'd be best.

Anonymous

Dear Old Me,

I wish I had more self-control. I wish I appreciated and treasure those things I had then, and now don't.

Anonymous

Dear Old Me,

Even if i could turn back time, I would've never saved you from all your sufferings. Because i know years from now, you're going to bloom and grow into an even better, stronger person.

Anonymous

Dear Old Me,

By the time you read this letter, i hope you are well. You are healthy. Things have change much these years. But don't give up. Every after rain there's a rainbow. Every challenge is motivation for you to get up and do better.

Anonymous

Dear Old Me,

You only have yourself to answer to.

*Anonymous*

Dear Old Me,

Rise of a failure...

*Anonymous*

Dear Old Me,



I'm so proud of what you've become, you were strong enough to leave your past. "everything is in the past right now. you can forgive the people but don't forget about it. remember it and locked it deep down in your heart. maybe one day you might open it back to reflect on it or maybe laugh about how silly you were to cry about what happened. it's okay to feel sad, it's okay to cry dear self. let it all out and i promise you at the end of the day, you'll be fine" those were the words you told yourself last year, now look at you, you changed for the better and I'm proud of you.

Love,  
The new me

Dear Old Me,

It wasn't your fault. Death happens. It was time, her time to go. She was already old and ill. It wasn't your fault. Everyone should be grateful that he passed on peacefully. Death comes uninvited. It wasn't your fault. The lie couldn't last because she wasn't, and isn't your sister after all. It wasn't your fault. He is not meant to be yours. There's nothing wrong with you. It wasn't your fault. Stop beating yourself up. No more. None of it was ever your fault.

Anonymous

Dear Old Me,

I always did not look up or always too slow when I need to shoot. I need to practice harder and must remind myself to look up and be faster. I still need to plank and do lazy push-ups. I need to do more practices to keep fit.

Anonymous

Dear Old Me,

Thank you for not giving up when times were rough even when you feel like you can no longer take the pressure or stress. Thank you for always believing in yourself and constantly trying to make yourself better, finding different ways to improve emotionally, physically and mentally. I think I will never be able to be this proud of myself with all that I have been through, even though it is not much, I know I gave my best and my all, even if it's not up to expectations, I know I am proud. Therefore, thank you.

With Love,  
Me