

A letter to me, from me.

All relationships take time, practice, and commitment...

especially the one with yourself. If you haven't done so yet today, please consider taking this time to show yourself some love and self-compassion because you deserve it!

This activity will serve as a gentle reminder that you are worthy of such love and care. The letter below will serve as your guide. Fill in the blanks however feels right for you. Before you begin, take a moment to look over the feelings chart (included in the next page). If it helps, use it to put a name to the feelings that may come up as you make your way through this activity. There is no right or wrong way to fill in the blanks, you can always do it again.

Dear me,

Long time no talk! How have you been? (This is your heart speaking by the way). I've really missed you and I wanted to reconnect. Sorry it's been so long, it can be challenging to find time to check in with myself! What I find most difficult to accept about myself is _____.

Sometimes in my mind I hear, " _____ "

(Meanest comment your mind says about you)

Hearing this causes me to think that I am _____.

(A limiting or negative belief about yourself)

This part of me that believes I am _____ in truth wants to feel _____

(Limiting belief)

(Accepted or loved)

When I catch myself listening to the mind's chatter, I will breathe and tell myself _____.

(A positive affirmation you need)

I will recognize this as self-care.

The way I speak to and about myself matters.

I want to take care of myself so that I can _____.

I accept that I, _____, am worthy of feeling _____.

(Your name)

(feelings chart)

****Put one hand on your heart, and the other on your belly.**

Close your eyes, connect with your breath and finish the sentence below:

What I need to hear right now is _____.

I love you, _____.

(your name)

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