



## Write a Letter to Yourself

Write a meaningful letter to yourself filled with encouragement and affirmation. Express the qualities you admire about yourself. Point out the things that you are most proud of yourself for doing. Find some ways to compliment yourself. Write a paragraph that is motivating and inspiring. And most importantly, give yourself a lot of love!

Then take a few minutes to read and reflect on it. Journal about how writing and reading made you feel. Were there any strong emotions or surprises?