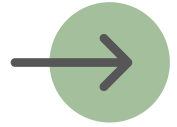




A letter to myself



Today's Date

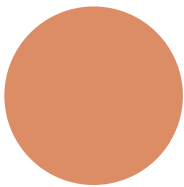
.....

Dear me,

Instruction

Sometimes, hearing encouraging words from a loved one is exactly what we need. Other times, it feels best when it comes from our own internal voice.

Is there something you need to hear? What compassion can you give yourself?



Sincerely,
Myself

