

[Your Name]
[Your Address]
[City, State, ZIP Code]
[Email Address]
[Date]

Dear [Your Name],

I hope this letter finds you in a moment of stillness and reflection. This is a space for you to honor yourself and acknowledge your journey of healing and self-care.

1. ****Acknowledge Your Feelings****

Take a moment to write down what you are feeling today. It's okay to feel a range of emotions.

2. ****Recognize Your Strengths****

List three qualities or strengths that you admire in yourself. Remind yourself that these attributes guide you through tough times.

3. ****Forgiveness and Understanding****

Write a note of forgiveness to yourself for any mistakes or past regrets. Remember that growth comes from understanding.

4. ****Self-Care Affirmations****

Compose three self-care affirmations that resonate with you. For example, "I deserve to take time for myself" or "I am worthy of love and kindness."

5. ****Future Intentions****

Set one intention for your self-care journey moving forward. This could relate to rest, boundaries, or pursuing passions.

6. ****Closing Your Letter****

Conclude with a message of love and encouragement. Remind yourself that it's okay to prioritize your well-being and that healing is a journey, not a destination.

With love,
[Your Name]