

## The Right Road is Paved with Self-Love

### Write a Love Letter

Find a quiet space where you can write. Turn off your phone and close your laptop. Have some nice stationary and a pen, and put on some relaxing and soothing music. Set your timer for 15 minutes.

Close your eyes, and place your hands over your heart. Take a few deep breaths and center yourself in your own Spiritual Self.

- Call to mind something that you appreciate about yourself. Acknowledge yourself.
- Now find another quality to appreciate about yourself – you have so many
- Feel the self-love of appreciating and acknowledging yourself. Embody that quality within.

Open your eyes. From this space of self-love, **write a love letter to yourself**. Write about the many qualities you embody. Acknowledge the gifts and talents you bring into the world. Let whatever comes to mind make its way onto the page.

The following prompts can be helpful if you get stuck:

- What I've always loved about you is ...
- What I appreciate about you most is ...
- What I don't tell you often enough is ...
- What I see in you is ...
- I'm sorry for all the times I ...
- I forgive you for ...
- There are so many ways I've blamed you ...

Once your 15 minutes has ended, take a moment to re-read your love letter. When you are done, find a special place for the letter so you can re-read again in the future when you need a reminder of how lovely you are.

*"Each time you  
remember the Truth  
of who you are,  
You bring more  
light into  
the world."*

~Author Unknown