



# Love Letter to Self

This isn't just a writing exercise; it's an act of devotion to who you are and who you're becoming. Too often, we reserve our kindest words for others and forget that **we** are also worthy of tenderness, admiration, and encouragement.

## A Note Before You Begin

This isn't always the easiest exercise, and that's okay. We're naturally wired to notice our flaws faster than our strengths, so writing to yourself with love might feel a little awkward at first.

Take your time with it. You don't need to finish in one sitting. Sit with the words, let them unfold. The more space you give yourself, the more you'll begin to see just how many strengths, moments of courage, and quiet victories live within you.

Even if it takes a few days, *please try it*, because when you focus your attention on what's good and true about yourself, you'll uncover far more power and self-belief than you ever expected.

You are, quite frankly, **flipping fantastic**, and this letter is your chance to see that clearly.

## What to Include

- **Your Dreams & Hopes**  
Speak directly to your heart about what you desire. What are you excited to create, explore, or experience in this next chapter?
- **What You Love About Yourself**  
List the qualities you cherish; your humour, resilience, kindness, curiosity, style, wisdom, or anything else that makes you uniquely you.
- **Where You'd Like to Grow**  
Without judgment, acknowledge the areas you'd like to expand into. Frame it as an invitation, not a criticism: "I look forward to becoming more..."
- **Your Next Chapter**  
Describe your future self as though it's already happening. What does she wake up feeling? Who surrounds her? What choices does she make with ease?



- **Your Strengths Through Life Situations**

Gently acknowledge the challenges you've faced, but focus on the strength, wisdom, and self-trust you've gained from them.

- **Everything You're Proud Of**

Celebrate your milestones, both big and small. Include achievements no one else may even know about, your private victories matter too.

### **Tone & Style**

Write as though you're talking to your best friend. Use words of encouragement, admiration, and compassion. This isn't the place for self-criticism or guilt. Instead, let it be a mirror reflecting your light back at you.

### **Optional Prompts to Spark Your Letter**

- "I'm so proud of you for..."
- "I love how you always..."
- "You've grown so much in..."
- "The dreams I'm most excited about for you are..."
- "I see your strength in..."
- "I believe in you because..."
- And any other words that feel true and loving to you.

### **Why This Matters**

Writing a love letter to yourself rewires your inner dialogue. It's a gentle but powerful way to practice self-recognition, anchor your values, and imagine the future you're creating. You'll finish with a tangible reminder of your worth, your growth, and your unfolding story.

*Every word of kindness you offer yourself becomes a quiet act of healing.*