DIRECTIONS

Use the template below to write a letter to yourself. Fill in the blank areas to help compose your letter. You can also set the date you write the letter and when you plan to read it again. This will allow you to check in with yourself on progress.

Optional: Place letter in a self addressed envelope and put it somewhere you can easily locate later. Print as many copies as you see fit.
Dear Self,

I am writing this letter to remind you that you are important and that each day you are capable of accepting the mistakes you have made as learning experiences. Your story is still being written.

I am so proud to see how far you have come. I know you have experienced a lot of challenges in your life, but do not let it stop you from reaching your goals.

Remember you are important and do not forget that each day you are capable of loving yourself first and doing your best.

Do not give up on yourself, the best is yet to come.

Love, Self