

Write a letter to yourself

Fill in the blanks below to put yourself in a positive headspace! Without reading the story, complete the blanks with a word of your choice. When you've filled them all in, read back the letter to yourself and feel the love!

Dear _____,
(your name)

You are _____. You are _____.
(positive adjective) (positive adjective)

You are _____. You can do anything you want,
(positive adjective)
even _____. You are a great _____.
(verb) (noun)

and _____, and you're really good at
(noun)
_____ -ing. _____ loves you, and
(verb) (Person)
thinks you're the greatest _____ ever.
(noun)

When someone says you can't _____, I know you
(verb)
can. You're like _____ – you can do anything you put
(Superhero)
your mind to! I'm proud of you for _____,
(something important you accomplished)
and you should be proud too.

My favorite thing about you is/are your _____,
(body part or characteristic)
and I love your _____ heart. Today you should treat
(adjective)
yourself to _____ and _____,
(favorite activity) (favorite food)
because you deserve it!

Love,

(your name)