

# Write a LOVE letter



Intent and purpose: It can be distressing to adhere to societal norms, and somewhere along the way in trying to fit or resist them, one might lose their self-worth. This activity is for you to be able to see your worth and love and cherish yourself for who you are.



How about you try writing a no-holds-barred love letter to yourself?  
The kind of letter you would love to receive...

Starting trouble?



Here's a tip - sit quietly for a few minutes, focus on your breath and think of a happy memory or something you love or feel good about yourself. You could also write about what you love about your body, aspects of your personality, what you see as your accomplishments, kind things you have done, some of the good choices you have made, etc., to get started.

