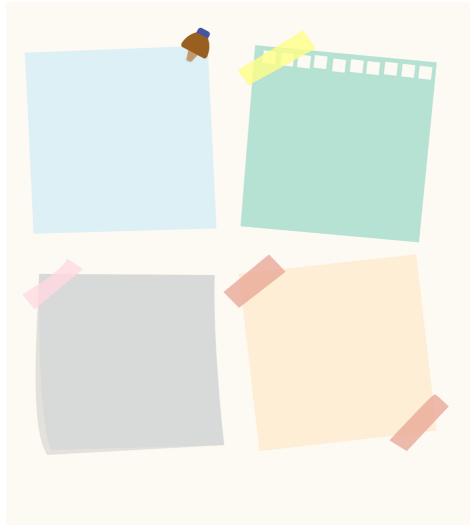
Printable for The Healing Journal: A Caregiver's Path to Self-Care

## Write a love letter to yourself

Have you ever felt that you needed a kind word during a tough period?

Instead of waiting for others to be kind to us, I encourage you to be that kind person to yourself.

You are your own best friend. What words of kindness would you say to yourself? Write them in the cards below and carry them with you.



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