

**To close off this chapter of your life, I invite you to write a letter to yourself.**

1

Find a quiet and comfortable space. Take a few deep breaths, put on some music if you like, and have your favourite drink nearby.

2

Begin by addressing yourself with love and compassion using an opening such as "Dear <name>" or "To an amazing <name>"

3

Start writing your letter, expressing your memories, thoughts, and emotions honestly and openly.

4

Reflect on specific memories or experiences that may have had a significant impact on you. Share how those experiences made you feel and how they continue to affect you today.

5

Offer words of comfort and reassurance, encouragement and support.

6

Remind yourself that you are loved, worthy, and deserving of happiness and fulfilment.

7

Close the letter with words of affirmation and love such as "With love and compassion", "Always here for you", or "I believe in you"

8

Take some time to re-read the letter and allow yourself to fully experience and process any emotions that arise.

9

Keep the letter somewhere safe and open it again when you need a breather or to reconnect with yourself.