Writing Prompt

Reflect on the given topic, then write about it.

Write a letter to yourself that you can look at on a rainy day.
Provide a safe space, encouragement, love, support, and compassion.
Come back and read it on a *not-so-good- day*.

Writing Prompt

Reflect on the given topic, then write about it.

Write a letter to yourself that you can look at when you feel on top of the world!!
Provide a safe space, encouragement, love, support, and praise.
Come back and read it whenever feels right!

Writing Prompt

Reflect on the given topic, then write about it.

Write a letter to yourself that you can look at when you feel confused.
Provide a safe space, encouragement, love, support, and praise.
Come back and read it whenever you need clarity and hope.