LETTER TO SELF

overcoming challenges

Reflect on a time you experienced a major challenge in life. Remember how it felt to *overcome* that obstacle and how proud you were afterwards.

Write a letter to your past self as you were facing this challenge. What did your past self need to hear at that time, to know that everything would be okay? What words would keep your past self going?

Reread this letter as you face obstacles throughout your current journey to remind yourself of when you were able to make it through a great challenge in the past. Feel the encouragement and embrace the support that comes through in this letter every time you read it.