

# A love letter to myself

We're often too hard on ourselves. It's important to remember our qualities and our strengths, and to love ourselves. You can address this love letter to yourself.

**This letter is for...** \_\_\_\_\_

**I want to remind you that you are amazing !**

**You have many strengths :** \_\_\_\_\_

\_\_\_\_\_

**You also have great qualities :** \_\_\_\_\_

\_\_\_\_\_

**Dreams ? You have many :** \_\_\_\_\_

\_\_\_\_\_

**Talents ? You have loads of them :** \_\_\_\_\_

\_\_\_\_\_

**When your friends talk about you, what do they say ?** \_\_\_\_\_

\_\_\_\_\_

**Know that you're a complex person and that your attributes are your best allies.**

