

A LETTER TO MY PAST SELF

WRITE A LITTER TO YOUR PAST SELF USING THE FOLLOWING
FORMAT. THIS IS ANOTHER AMAZING TOOL FOR UNCOVERING
NEGATIVE THOUGHT PATTERNS AND LIMITING BELIEFS.
BE WILLING TO ALLOW THE EMOTIONS TO SURFACE.

DEAR _____ ,

I'M ANGRY BECAUSE _____

I'M SAD BECAUSE _____

I WISH _____

I'M SORRY THAT _____

I LOVE YOU BECAUSE _____

IT'S IMPORTANT THAT YOU KNOW _____

