

PERSON OF FOCUS

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JUDGE THIS PERSON. DON'T HOLD BACK. LET ALL THE "UGLY" JUDGEMENT OUT OF YOUR HEAD. ONE SENTENCE PER LINE BELOW. DON'T EDIT YOURSELF OR TRY TO BE APPROPRIATE OR KIND. GET IT ALL OUT.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or other markings on the paper.

NOW, GO BACK THROUGH THE LIST AND NOTICE HOW MANY OF THESE JUDGEMENTS ALSO APPLY TO YOU. CIRCLE THOSE THAT ARE TRUE ABOUT YOU. NOTICE THE MOST JUDGEMENTS OF OTHERS ARE PROJECTIONS WE HAVE OF OURSELVES.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a thick yellow header bar at the top of the page. The paper appears to be part of a notebook or a document template.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a thicker yellow margin at the top of the page.

This image shows a blank sheet of white paper with horizontal grey lines. At the very top, there is a solid yellow horizontal band. The rest of the page is white with evenly spaced grey lines, typical of notebook paper. There are no markings, text, or drawings on the page.

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[illegible]

WRITE AN "I'VE BEEN MEANING TO TELL YOU" LETTER BELOW. THIS IS A LETTER YOU CAN SEND OR NOT SEND. JUST WRITING IT FEELS AMAZING. I LOVE TO SEND THESE IN THE MAIL UNEXPECTEDLY.

DEAR _____,

I'VE BEEN MEANING TO TELL YOU..._____

I ADMIRE YOU FOR..._____

I'M THANKFUL FOR..._____

I REMEMBER WHEN..._____

YOU HAVE SHOWN ME HOW..._____

YOU TOLD ME..._____

I'M GRATEFUL FOR..._____

I LOVE YOU BECAUSE..._____

