

LIVE THE CHANGE

SELF-COMPASSION

It's love-letter time! Many of you will feel deeply triggered by this homework but I ask you to commit with - you guessed it - a good dose of loving kindness to yourself! It's OK to find this hard, it's OK to feel the feels. And yet, we choose to be OK with all of it. Right? Write yourself a love-letter. If it helps, write it from the point of view of a friend. Share all the reasons why you are amazing and extraordinary. You might reflect by telling stories of moments of strength, you might write about your work, your family, your strength through painful times, your attributes.

Write beyond the page here - write for hours if you need!

