

LOVE LETTER

WEEK 1 - DAY 7

LOVE LETTER TO MYSELF

Congratulations we are now at the end of week 1.

So far we have covered Self Enquiry/Identity, Judgement, Power questions, Rituals, The Power of Words, and Acceptance.

It's time to reflect on your learnings and write a love letter to yourself.

It's time to be kind and loving with your words.

What have you learned about yourself this week?

**RAISE
YOUR
VIBE**

90 DAY RESET
M **MINDSET**
MASTERY • NLP
Transformed For Life