



Letter to your Past Self

This is your first opportunity to practice Self-Kindness. Think about the way you usually speak about your past especially as it applies to weight loss. You can name every failure and all the nuances that created the failure. What about the honest effort you exerted or grace for life happening? The way you talk to yourself – aka mean girl’s voice – determines your future success.

Follow the prompts below to uncover the negative thought patterns and beliefs you current practice.

Dear _____,

I am ANGRY because...

I am SAD because...

I wish...

I am WORRY that...

I love you because...
