Write a Letter to You

Use this space to write a letter to yourself on why you are deserving to choose you and no one else. Don't be afraid to let go! Notice any resistance you may be experiencing or false beliefs that are telling you "that is selfish." If this happens, practice some self-compassion. This time and this letter is for you and only you!



Phone: 210-706-0392

Email: info@modernwellnesscounseling.com