

Shine Your Light

The Mind
&
Body Coach

Letter to Self

Find yourself some quite space for 20 minutes with your pen and paper take 3 deep breaths in and out & let your soul speak on the paper.

Write a letter to your current self as of today or your future self.

Here is my example.





Dear Rachael,

Can you remember that shine the light workshop I did you wouldn't believe what happened since then? First of all, you know I was saying I no longer wanted to be a full-time support worker for my mam guess what I'm not! I go maybe once or twice a week for a cuppa and keep the energy light. It really is freedom so this gave me the chance to go full time with my calling and make a full-time income which helped our family massively!

Something else that feels like freedom! BOOM!

Since the workshop, I have created my very own blog section on my website and it really is making a difference in women's lives especially frazzled mams juggling life.

Another Year down without any alcohol numbing out life, I'm learning to be happy just being me.

Lots of Love.

Let your Soul Shine

