Encouragement Letter to self

Dear myself,

First of all, I will start by saying that it's okay to feel like you aren't doing as well as you are supposed to as no one can be perfect in everything and if I want to be flawless then hard work is an inevitable. So, if i need to take a couple of seconds to take a deep breath, cry, to put my head down to relax, glance outside the window and see the marvelous view or go for a brisk-walk. Do that, without distractions or hesitation. I always want to thank God for everything that, I am fortuned with, take a look at all the beautiful things around me, and be stress free for just a moment without worrying about the problems which I am facing now at this moment like it is said that change is the only constant thing in one’s life so, why no face it with courage and never give up.

Figure out what I can alter, and what I cannot as life is the only thing which a human cannot predict until now. Most importantly, accept what I cannot change. Become at peace with it, even if just for a brief moment. Say a sacred prayer for my restless heart to be comforted knowing that almighty God is with me in all things and in all the work I am doing it will always stand beside me, encourage me, and aid me to get out of any circumstances I am in. Don't forget to thank Him again. Endless gratitude will take me far as all the things are his gifts not to keep it to our self but to share with others without destroying it.

When I decide that I am ready to face the things that the holly god can change, do it with 100% commitment which does not mean 100% perfection. It's important to know the difference. Start by making a plan or a short schedule. Write it down in a planner, memorize it, put it on the mirror, do whatever makes it the easiest for me. Think through my plan logically, take into consideration my strengths and weaknesses. Remember to do the hard things first; the relief is sweet in the end. Make a checklist, use an App. I am ready. I am gorgeous. I am smart or knowlegible. I am inquisitive. I am responsible. I am a motivation to myself as I never give up.

If I ever feel that I am at my lowest point, just remember the only place that you can go is up. Find reassurance in the weakness. The best is yet to come.

Don't take pity on yourself. Instead, work harder to make your situation better. Don’t ask help until I have tried all the ways to solve the issue.

Be elated. There are so many things to be thankful for namely my parents, grandparents, friends, all limbs, eyes to see this breathtaking landscape and so on.

Ask when myself if I need help. No one can read my mind or know me.

Time won't stop for me. Worrying and stressing is simply a waste of time and detrimental for both body and mind.

Nothing will change my situation more than changing my attitude towards life and people. Perspective is everything. Be thankful for my struggles, because there is a lesson to be a learned in the end of it.

Be strong and know that i am in God's hands or a beloved child of his. Everything will work out. It may not be today or tomorrow, but eventually the pieces will fall into place and I will understand why the battle was worth it.

I can conquer anything, if I put my mind on it. So breathe, take a minute, re-evaluate, grow and observe my surrounding what is happening around me.

Love,

Me