



HAVASS
Academy & Coaching

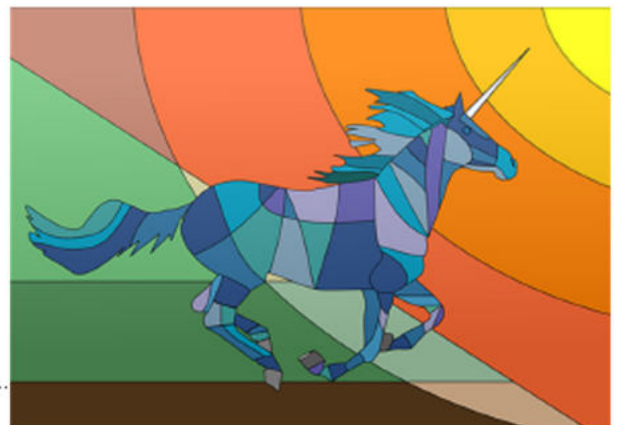
DAY 13

You have been great this week! You sparkle so beautifully with awareness that my eyes are blinded, I can't look at the screen! :)

What do you say to ending the week with a letter you write to yourself? Yeah right, straight letter. Because you need to know yourself the most, and need to be with yourself. The child in you still wants most to be loved by YOU. He wants so much, to repair the relationship with you and talk about your problems....

Now open your worksheet and write yourself a letter.

You are free to say how much you love yourself and how proud you are of yourself. You are also free to say that you forgive yourself for your mistakes and thank yourself for everything. Now that you have the opportunity, you can also say how proud you are of yourself for fighting like a lion during the difficult days! Come on, write yourself "that" letter of forgiveness, thank you, dear, whatever you want to call it..



If tears are to flow from your eyes, let them. If you want to get angry, get angry. If you want to laugh, laugh out loud! Don't suppress your feelings. And don't think too much about what you're going to write. Let the words spill out of the pen.... Well then, I'll leave you to it. :) See you next week!



Tasks

- Write a letter to yourself.
- Listen to your affirmation before you go to sleep at night.



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