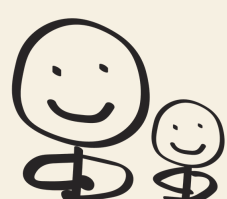




LETTER TO YOURSELF

Who can do it?



Everyone

When can you do it?



- Whenever you feel bored.
- To become more aware of thoughts.
- When you need to express your thoughts and feeling.

How to do it?



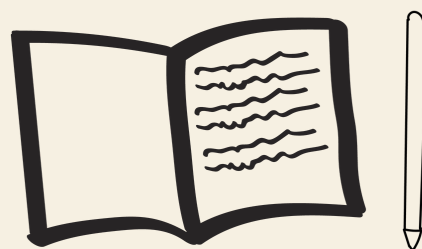
- Write a letter to self - A letter which will include your current feelings and what you have achieved so far also reflect on what can be done to achieve your goal.
- Then read that letter out and your reflections on it to get a better picture of the shift in feelings

How will it help and expected outcomes?



- Releasing thoughts and feelings can make you feel a lot lighter.
- It's a great tool to express freely and reduce stress.
- It can facilitate a sense of relief and clarity.

Resources required?



- Paper/book/diary
- Pen