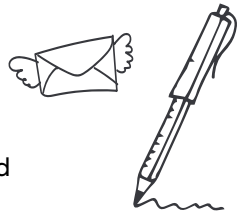


The Strength In Me

Think of something you thought you wouldn't be able to do that you eventually accomplished. Remember when you thought it was nearly impossible? Yet, here you are, victorious. Your resilience, determination and unwavering belief in yourself have led you to this moment. In a letter to yourself, take a moment to reflect on that achievement and to celebrate your strength. Once you've completed it, keep that letter for yourself as a reminder of all that you're capable of.



Dear Me,

Lined writing area for the letter.

With pride and admiration,

