

## *February 2018: Letter to the Universe*

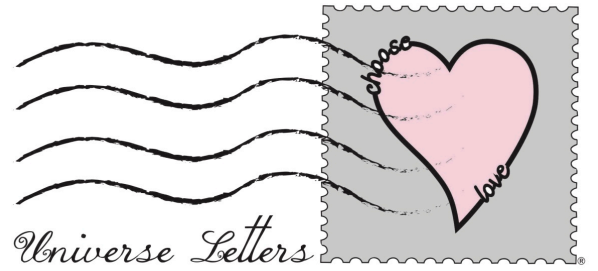
### *Word of the Month*

*love:*

*With Valentine's Day this month we can get swept away in giving loving gestures to our partners, children, family and friends. This is a wonderful thing, of course! But don't get so swept away that you forget to be loving to yourself.*

### *Prompt:*

*What is one way you can show yourself a little love this month? Will it be small acts each day or something bigger and more substantial? Don't underestimate the value in allowing yourself some self-care and time to do what soothes your soul.*



*Dear Universe,*

*I make a commitment to practice self-care this month and to show myself more love by....*

*With Gratitude,*