

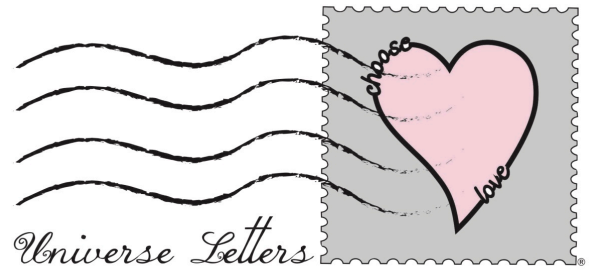
## *Letter to the Universe*

### *courage:*

*Starting a new adventure or a new beginning can evoke feelings of fear, doubt and worry. And so, many of us have dreams and passions we want to pursue, but we hold ourselves back for a variety of reasons. Push your fears, doubts, worries and excuses aside. Trust your strength. Step into your bravery and let your courage shine!*

### *Prompt:*

*Stepping into a new chapter of our lives takes focus, determination, strength and most of all: courage. It can be easy to stay rooted where we are, especially when it feels comfortable or easy, but in order to live fully and achieve our dreams, we must push ourselves out of our comfort zones. This month, focus on doing the things that scare you—the things that will help you move forward and embrace what's ahead. Ask yourself: What are ways I can be more courageous this month?*



*Dear Universe,*

*I am ready to step out of my comfort zone and face my future with courage.  
This month I focus on my innate strength and courage. With that spirit in mind I  
vow to....*

*With Gratitude,*

