

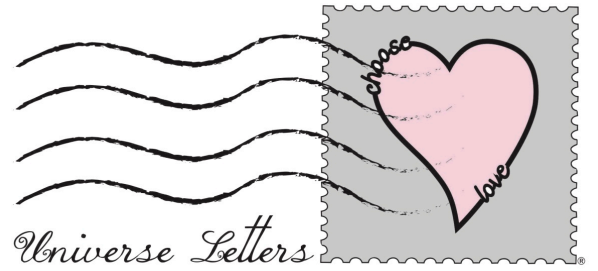
Letter to the Universe

love:

We can easily 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? 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,