

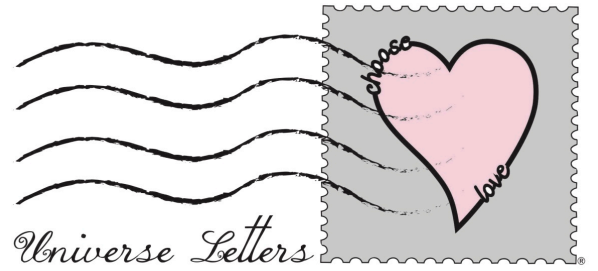
Letter to the Universe

peace:

Certain times in our lives can fly by in a blur. Whether it's during holiday events, family gatherings or celebrations, we can often forget to take a moment for ourselves to pause and reflect. Be sure you are gifting yourself moments of peace. Start each day feeling calm and centered!

Prompt:

Life can feel chaotic at times. But what fills you up? What gives you a sense of peace and tranquility? This month vow to gift yourself time to do the things that calm and center you. Make it a point to fit some time in for you.



Dear Universe,

This month is filled with events, commitments, gatherings and celebrations. But I am committed to making time for myself to do what fills me up, centers and grounds me. I know the value in this time will help me feel peaceful throughout this month and help me feel calm as I enter the New Year. Here are the ways I will make time for myself...

With Gratitude,