## Self-Compassion Letter

Dear
In this moment of my life, I am most grateful for...
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$\qquad$
$\qquad$
| am most struggling with...
$\qquad$
$\qquad$
$\qquad$
I am most hopeful for...
$\qquad$
$\qquad$
-
Write yourself some kind, understanding words of comfort in response to your struggle.
$\qquad$
$\qquad$
$\qquad$

## Sincerely,

