If you are writing to your Past Self:

Where are you tender about your past?

Can you go back to that person, and embody them for a moment?

What messages does that person need to hear in order to receive a little love, empathy or grace from current you?

If you are writing to your Future Self:

Imagine your Future Self.

Who are you?

What are you doing?

What is happening in your life?

What messages does that person need to hear in order to achieve that vision?

Write down everything you think to say.
Don't censor yourself or worry about what comes up.

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