



A letter to myself

The purpose of this exercise is to think through your superpowers and provide yourself with a reminder whenever you might doubt yourself of how FANTASTIC you are. You might think about what a close friend would say, a significant other or what your compassionate compassionate self might say.

This image shows a blank sheet of white paper with horizontal brown ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.[illegible]