

Dear Me!

If you're reading this letter right now you're probably having a hard day and you may have forgotten all the progress you've been making that's made a difference in your life.

I'm here to remind you that life is feeling so much better – we're happier – more peaceful – stronger – more confident, than we've ever felt before! Life is so much easier than it used to be and we have hope again. I know that you aren't feeling that at the moment, which is why you are here reading this, but I'm here to remind you of some of the things we did to make these changes.

Here's the plan:

Look through this list of things and pick something you are willing to try. Really commit to doing it! You may need to pick a few items off the list because sometimes you'll need more than one. Give it time. Sometimes, even if you do a few of the things on this list, you may not feel much difference today, but I want to reassure you that tomorrow you'll really notice it so stay with it.

My List: (Here are a few things to get you thinking)

- *Take a warm bath (include relaxing candles, scents, music if helpful).*
- *Get up and move. Take a walk.*
- *Call a friend.*
- *Listen to the meditation.*
- *Put on some music and dance/move.*
- *Pray*
- **ANY OF THE BREATHING + CALM DOWN TECHNIQUES LISTED IN THE 101 TEACHING.**

My Calm down Techniques:

1. _____
2. _____
3. _____