



*take a moment*

## SELF-CARE LOVE LETTERS

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We live in such busy times with giving care and support to others can be priority. Sometimes we give ourselves a hard time for not being good enough, making mistakes or don't value our time, energy or abilities.

This exercise is designed to support a deeper and loving connection with yourself. It's an opportunity to really delve into your core value of the gifts, talents, attributes, emotions, actions and more that you hold within.

Once you recognise these attributes, you write down and express all that you value about yourself. As you are sharing your thoughts onto paper, it creates clarity, remembering, honouring and establishing your worth.

When we see the words in ink, it brings them into form and life. Then by posting the letter, we release our Self Love out into the Universe, only for it to be returned and arrive on your doorstep.

Placing it under our pillow as we sleep for 5 days, the frequency of love vibrates through the etheric to fill our Energy field with our own Loving words.

# BEFORE YOU BEGIN, ALLOW YOURSELF THE PERMISSION THAT YOU NEED TO CONNECT WITH SELF CARE AND SELF LOVE IN A SIMPLE YET PROFOUND WAY.

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*Use the below details as a guide to deeply support the  
loving internal connection that we all seek.*

{Choose a time that's quiet in your day/evening to do this exercise}

{Bring a notebook, paper and pens to write your own Love Letter}

{Create with intention a Sacred Space to deeply connect with yourself}

{Light a candle, burn incense, bring fresh flowers, listen to soft soothing music}

{Allow yourself to begin to tap into what you would like to say to yourself}

{Become very honest and real about who you truly are}

{Trust your own innate abilities to know the true version of you and write it}

{Start your letter with Dear "Your Name" and end with Love from "Your Name"}

{Be ok with it feeling uncomfortable or weird and go with it}

{What words do you want to hear about yourself that you have not yet heard?}

{What's the kindest most loving thing you could ever say about yourself?}

{What gifts have you not yet acknowledged that you hold}

{Where have you done loving acts but have not acknowledged them within yourself?}

{What dreams and aspirations would you want to tell yourself about?}

{What does loving yourself look like, sound like, read like?}

{How loving and kind can you be to yourself?}

{How amazing, beautiful, handsome, kind, loving, generous, gifted, wise are you?}

{Write what ever flows and don't judge it}

{Give yourself full permission to share what ever comes to mind}

{Be free to share your truth without fear}

{Write what your heart desires}

{What do you need to hear from yourself that's loving?}

{Write what ever you like with the intention that it's a love letter to you}

Once the letter has been written, place it in an envelope addressed to yourself

Put a stamp on it and place it in a post box to be sent in the mail

Await a day or two for it to arrive in the mail

Once it arrives – DO NOT OPEN

Place it under your pillow in bed for 5 consecutive nights  
*(The 5 days allows for complete integration of Self Love)*

On the 6th day, create quiet space and open it to read

Reflect on the words that you have written

Reflect on the journey over the last 6 days

Reflect on how you're feeling in this moment compared to when you sat down to write it

Put it aside or in a safe place to review as a reminder whenever you need

*Give yourself a pat on the back and praise for saying yes to this process!*

## ENJOY THE JOURNEY!

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*Love Ishala*