

Lesson 1.1: Letter to self

Write a letter to yourself. Ask yourself questions like: *What are things I like about myself? What are my favorite things to do? What are positive words to describe me? What is good? What is hard? What do I want to do?*

Writing this letter is one way to discover and Notice the goodness in yourself and others.

Date: _____

Dear Me:



I AM
NOTICED

Sincerely,

