

Dear Self,

As uncomfortable as this is to do...I know **it must be done**. There are some things I need to tell you. Things I should have said to you long ago. **I'm sorry** it has taken me so long to get to it, and I hope you can *forgive me*. I know I'm not always as kind to you as I should be, and I can say mean, vile things to you. I can be harsh and very unloving. But... I have **faith** that with this exercise and *forgiveness* in your heart, beginning today, we can start the healing process and begin anew. I want to tell you all of the **great** things that **I love about you**, like your **SMILE**, your *laugh*, and your *sweet* voice. I want you to know what a great **mom** you are, a wife, and friend. So I begin **now**, with this new practice of telling you how I really feel... about you. Not in my head, but in me heart. How much *I love you*- and how much I want to see you succeed at every single thing you do. How thankful I am for the way you get me through each day, with my happiness at the forefront. Indeed, this is one of the hardest things I have ever done; finding *beauty* and grace inside of you will be hard at first, but I know that it will become *easier over time* and I look forward to stretching and reaching to find what those things are, when it may feel difficult. Thank you for being patient with me and for *loving* me...always. To US!

Here is what I need you to know. . . I so love these things about you:
