

Note to Myself...

There is only one rule here, and that is that there are no rules, no corrects, and no way to properly leave yourself uplifting or motivational notes. It will be different for everyone, and it will change as your stages of life change!

Starter ideas:

- Famous quote
- Cool thing you saw/read that inspires you
- Song Lyrics
- Movie/TV quote
- List of (3, 5) things you like about yourself today
- List of things you did really well this month
- A powerful word
- Be your own best friend – what would you say to yourself to motivate you now?
- Thank yourself for something you always do so well
- Call out a feature, trait, or thing you don't give yourself enough credit for
- Give your future self permission to take a self care day, do something indulgent!

Powerful, strong, happy, uplifting, and “you got this!” messages of any shape size or form are welcome in any format or style you wish to leave them. See rule above!

Start your journey by leaving yourself a nice note right here in this space:

