Write a Letter of Affirmation to Yourself

What is it?
A letter of affirmation is a note that you write to yourself to put your thoughts, feelings and emotions on paper. It can focus on the positives in your life and address specific challenges.

How to:
Step 1: Start by addressing the letter to yourself. It’s a letter from you to you!

Step 2: The first thing you write about could be something positive about yourself: see the side column for inspiration!

Step 3: Address anything challenging happening in your life right now.

Step 4: Write what positive traits and skills that you have that will help you manage challenges. Think about how this challenge could support your personal growth.

Step 5: Set some positive and manageable goals for the future - focusing on motivational tips on how you’ll reach them!

Step 6: Sign your letter off and keep it safe to read in future!

WHAT TO WRITE ABOUT?
- Something you like about yourself
- A recent accomplishment - big or small
- Challenges you’ve overcome
- Validating a recent difficult feeling or emotion
- A recent series, event, podcast or anything that has brought you joy!

Reading a letter of affirmation back can help you to feel motivated and may give you fresh perspective in more difficult times.

Ready? Put pen to paper!