



Day 2: Awakening to the Positive Possible You of Your Future

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Practice: Writing a Love Letter to Yourself from the Future You!

Take out your journal and write a love letter to yourself from your Future Self, telling yourself all of the wonderful things in store for you in the future.

Begin by writing,

Dear (Your Name Here),

Follow this salutation with comforting words that demonstrate compassion and kindness toward yourself for all you are currently experiencing.

Then share about the vision of happiness, health, wellbeing and love that your Future Self is experiencing.

Go for the gold when describing what's possible, reaching to grasp the highest possibility of what could potentially happen as a result of this breakup—a greater capacity to love and be loved, a healthier, happier experience of yourself, a deepening of compassion and care for others, the freedom to be yourself fully and to live out loud with a new kind of courage and authenticity.

End your letter with words of love, kindness and encouragement to keep going. Inspire yourself!

Healing Power Statement of the Day:

I choose life. I choose love. I choose to use heartbreak as the wake call I've needed to break my heart wide open and turn my life around for the better.

Self-Care Action of the Day:

Share what you are experiencing with people who care.

Let go of isolating or pretending to be more OK than you are! Surround yourself with people who truly care about you, and share with them authentically all you are experiencing so that they can hold you in a safe space of love and compassion.

Spend time sharing with those who really want to understand what you are going through and aren't pushing you to "just get over it." While they can't change the situation, they can offer your comfort, support and a life-affirming perspective that helps you stay focused on finding your way to the happier future that is waiting for you on the other side of heartbreak.