

Every Word You Wanted
A PRACTICE TO NURTURE YOU

1. FIND A PHOTO OF YOU FROM AGES 5 - 15

2. PRINT IT/CUT IT OUT/GET A COPY
(AND PASTE IT IN YOUR JOURNAL)

3. ANSWER THE FOLLOWING FOR YOURSELF:

WHO IS SHE?

WHAT ARE HER HOPES, DREAMS, FEARS, ETC.

WHAT DO YOU LOVE OR HATE ABOUT HER?

WHAT THOUGHTS/MEMORIES/DESIRES/PAIN

IS SHE CARRYING INSIDE OF HER?

4. WRITE A LETTER TO HER
ON THE PAGE OPPOSITE OF THE PHOTO:

TELL HER THE WORDS SHE LONGED TO HEAR

VALIDATE HER FEELINGS

FREE HER FROM GUILT & SHAME

5. READ THE LETTER OUT LOUD TO YOURSELF.

MUSIC TO LISTEN TO AFTER: "I AM LIGHT" - INDIA.ARIE