

Self-Acceptance Letters

Write a letter to someone in your life who pressured you to conform to do something that you didn't want to do such as a parent, sibling, dating partner, or friend. In the letter, tell them how it affected you and how you would respond now that you are full of self-esteem, self-confidence and self-worth.

Write a letter to someone who has accepted you as you are and has been your cheerleader. Let them know how they have affected you. Give them thanks and gratitude for helping you on your personal development journey.

