

Dear _____,
(your name here)

♥ Happy Valentine's Day!

First off, I want to tell you that I love you. I know, deep down, you already know that, but I feel like it's important to say out loud every once in a while, because it's easy to forget.

You are an amazing woman. Seriously, there are days you amaze me with your ability to _____

describe what you do every day that largely goes unnoticed or underappreciated but contributes so much to your world and the worlds of those around you.

It reminds me how _____
name at least 3 adjectives that describe you at your best on your best day. DO IT!
you are and that I am lucky to know you.

I loved the way you _____
describe a specific thing you've done that made you feel strong and proud
_____ and the way you _____
describe the outcome or intention which came from a positive place
_____ really made me feel so proud of you.

You're _____ and _____ and let's not forget _____
favorable adjective yes, another favorable adjective yes, I'm serious. Another.
and I hope you never forget it or even ever think to minimize it!!!

I know it's hard to remember your awesome qualities sometimes, but it's important to try harder and do more to celebrate the things about you that are so lovable and unique, like the way you _____

talk about something unexpected or unusual about you that you've always loved (or wanted to love) but have been pulled away from by other people, negative feelings or general circumstances.

And here's the thing. I know I sometimes take you for granted. I don't show you the appreciation I know I should. I don't congratulate you on your small victories, I become hyper-critical towards you and insult you in ways I'd never insult anyone else. I don't know why I do that but I promise I will try to stop. I will treat you as a friend, an ally who I can turn to for encouragement, support and love. The next time you look in the mirror and want to fling a mental insult at yourself, I want you to stop and say to yourself: _____

Write what you would tell your best friend, or a woman you love and admire, who is struggling to know her worth. Be kind. Be adamant. Be firm in your conviction. Use more paper. GO THERE.
_____ instead. I know you are able to do that.

From today forward, you will cut yourself some slack. I love you too much to let you spend your days cutting yourself down. You're too _____ and _____ for that. And you know it. Now is the time to own it. You will let go of the _____ and the _____
yes, that's right. Another favorable adjective... or two :) lies you tell yourself unfounded insecurities
and ALSO the _____ that are holding you back. You only live once. Your time here is
guilt & regrets
precious and I am excited to see how we will continue to grow together. **Remember, I love you.**