



Letter Writing

Throughout your journey you'll be presented with difficult challenges. Challenges where you'll be provided with a lot more questions than answers. This is often presented in many forms:

- What decision do I make?
- Which one do I choose?
- How do I get out of this funk?
- Am I not worthy?
- Will I ever get over this break up?
- What is my purpose?
- Do things get any better?

The common feeling among all these questions is confusion, loss, lack of direction and purpose. You know the answers are so close, but how do you get them? Or in the real tough situations, you know the truth but you're just too afraid to say it, or more importantly, accept it.

Write yourself a letter! (Letter number 1)

As you know, it's always a nicer feeling to get everything off your chest. But how about you do that while asking those tough questions at the same time? Simple, we write a letter. This letter can be as long, or as short as you want it to be. It can be two paragraphs or two pages. The key is to get everything off your chest and ask all the questions you need. The fun part, is the letter is going to be to your 'Super Self'. By super self, I mean the version of yourself in the future you're aspiring to be. The version that's gone through all the trials and challenges you're going through now and came out the other side. They know all the answers to your questions and are living the absolute best life.

The template can go as follows:

Dear Super self,

I write to because I'm in seek of your answers and guidance. I currently going through and I just need to know what it is I can or should be doing to help me get through

Love as always, Present self

As I say, what you're doing here is getting everything off your chest. This can be seen as a form of journaling, but we're going to be going one step further. We're going to be responding.

Write yourself a response! (Letter number 2)

Now this is where the magic happens. As you get to experience living in the frame of mind of your super self. You can use the 'Wheel of Life' tool to help you get into this mindset. Alternately, take a moment and close your eyes. Imagine you are now living as your super self. You are in the future and you're living the life of your dreams. You've worked through all the challenges life has brought your way, and you're living every day with a smile on your face. Nothing bothers you anymore and you're living in true freedom, both internally and externally.

For this to work, you have to remain open minded and stay in the super self-mindset. Don't think, just let the words flow. By flowing, you'll find the truth starts coming out. Very similar to when you speak with a friend. For example, if I asked you "What advice would you give to a friend in your current situation?". This is when the truth you know to be right deep down starts coming out.

Now, it's time to write your response:

Dear Present self,

Thank you for your letter, and I'm sorry to hear you're going through The truth is you know you are capable of achieving

Love as always, Your Super Self.

You'll be amazed at the lightbulb moments that can come from this. It's hard to argue with the response too, as it's coming from you and the real truth deep down within you. The question is, will you accept it and let it move you forward?

*Point of note. It's highly recommended not to write letter 2 straight after letter 1. This is because writing letter 1 will take a lot of energy and emotion out of you, and you want to be fully energised for the response. As to how long to wait. That's up to you. Commonly, you'll feel an energetic pull that will tell you it's time to write letter 2.