THE UNSENT LETTER

Over the past 30 days, you've spent time reflecting, reconnecting, and rediscovering parts of yourself that may have been overlooked, buried, or waiting patiently for your attention.

This exercise is for you and you alone.
You will not send this letter.
No one will read it unless you choose to share it.

The purpose is not perfection. The purpose is honesty.

CHOOSE ONE RECIPIENT:

- Your past self
- Your current self
- Your future self
- A person you need closure with
- A version of your life you're ready to leave behind

BEGIN WRITING.

What do you wish they knew?

What are you grateful for?

What are you still carrying?

What are you finally ready to release?

What have you learned during this season of your life?

What do you hope comes next?

If you're writing to your future self, tell her what you're proud of today.

If you're writing to your past self, tell her what she couldn't see yet.

If you're writing to someone else, say everything you've never allowed yourself to say.

Keep writing until there's nothing left to say.



When you're finished, take a moment to notice how you feel.

You don't need to send the letter. Sometimes the healing comes simply from finally writing it.