

Dear \_\_\_\_\_,

This year, I would love to believe I am

\_\_\_\_\_, rather than just think it.

I would love that when others are with me, they know I believe this because I treat them the same way. And that feels good for them. Believing that I am

\_\_\_\_\_ will make me feel good, too.

And I know I can do this. I know I can feel \_\_\_\_\_

about myself. The only thing getting in my way is the little voice of doubt, that tells me \_\_\_\_\_.

Which a part of me knows is not true, but I listen to it anyway.

So, \_\_\_\_\_, this year I promise to be much better at listening to the voices (you, other people, and/or myself) that encourage me to act and think in ways that help me feel \_\_\_\_\_ about myself.

I forgive myself for believing \_\_\_\_\_ about myself, because the reasons that I have this belief are/were outside of my control.

I really, really thank you in advance for encouraging me to have the gift of believing I am

\_\_\_\_\_.

With love and thanks,

\_\_\_\_\_

(Me)