

# UpWrite Words

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## Love Letter — “For Bupkis”

*My Dear, I just wanted to say ~*

*There is this thing that close up your heart, backs you up  
and holds you fast when you fear you will give more than you get.*

*For more –*

*Your beautiful energy*

*Your bountiful enthusiasm*

*Your deep passion*

*Your time, your effort, your discipline*

*For Bupkis \**

*I prefer to think that it's always worth it to give of those parts of  
yourself.*

*If you really feel you're giving too much, you can honor yourself by  
standing up for yourself where you can, when others break their  
promises. Remembering to always honor your promises to yourself.  
Listen to what you need and try to find ways to get it. Let go of pres-  
sures of guilt, fear or worry. Pay attention to the things that are im-  
portant to you. Say what you need to say.*

*Allow your heart to remain open to Give and Receive your Best.*

*All My Lovin,*

*A.*

\* Bupkis is a Yiddish word that means absolutely nothing of value,  
significance or substance.

For more Love Letters visit [www.UpWriteWords.com](http://www.UpWriteWords.com)