

# UpWrite Words

Offering online and print writing services to the Personal Growth Community

## Love Letter — “Stop Kicking Yourself”

*My Dear, I just wanted to say ~*

*Stop kicking yourself for what you cannot do right now. All things must pass. You will be able to do it again. Stay close to what you want to do. Allow yourself to enjoy and appreciate what you can do.*

*Don't listen to other people more than once. If someone has a worthy comment about you or the way you've done something, look at it, write it down, work on making the change. If it doesn't feel worthy or right, let it go. Forget it. You don't have to be haunted by it.*

*Release the notion that everyone else is right and unless you agree with them or take everything they say to heart, you will be a failure. That's not true. No one person or persons define who you are. You are the only one who can do that.*

*Take off the boot and put your feet up on the table. Kicking yourself will never get you what you want.*

*All My Lovin',  
A.*